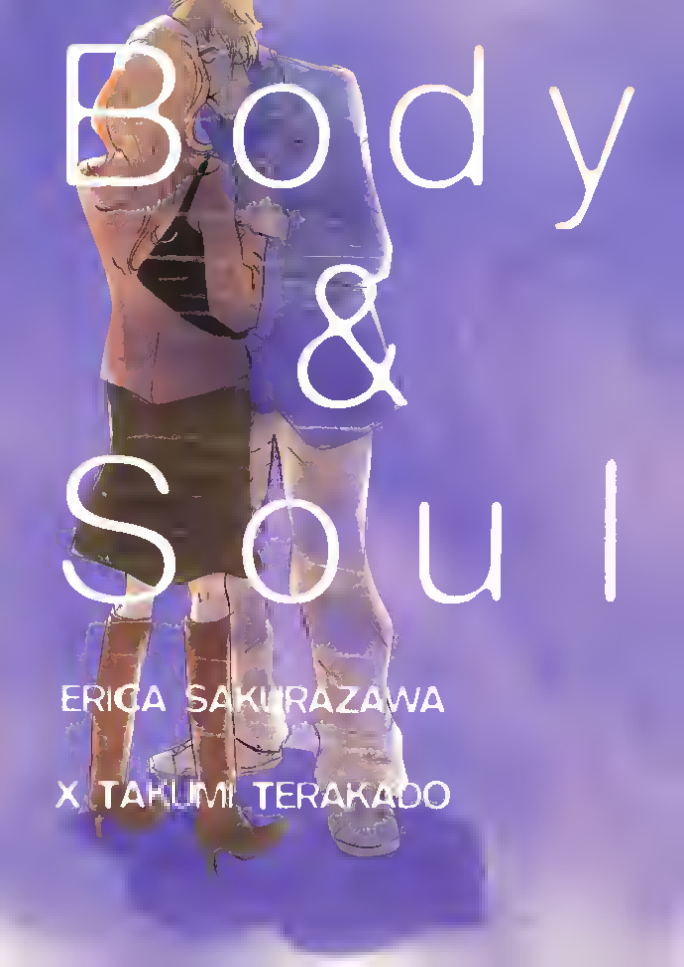

Body
&
Soul
ERICA SAKURAZAWA
X TAKUMI TERAKADO

BODY
&
SOUL 2

ERICA SAKURAZAWA
TAKUMI TERAKADO

Body & Soul 2

Table of Contents

Vol.8	3
Vol.09	29
Vol.10	47
Vol.11	81
Vol.12	115
Vol.13	149

Body Soul vol.8

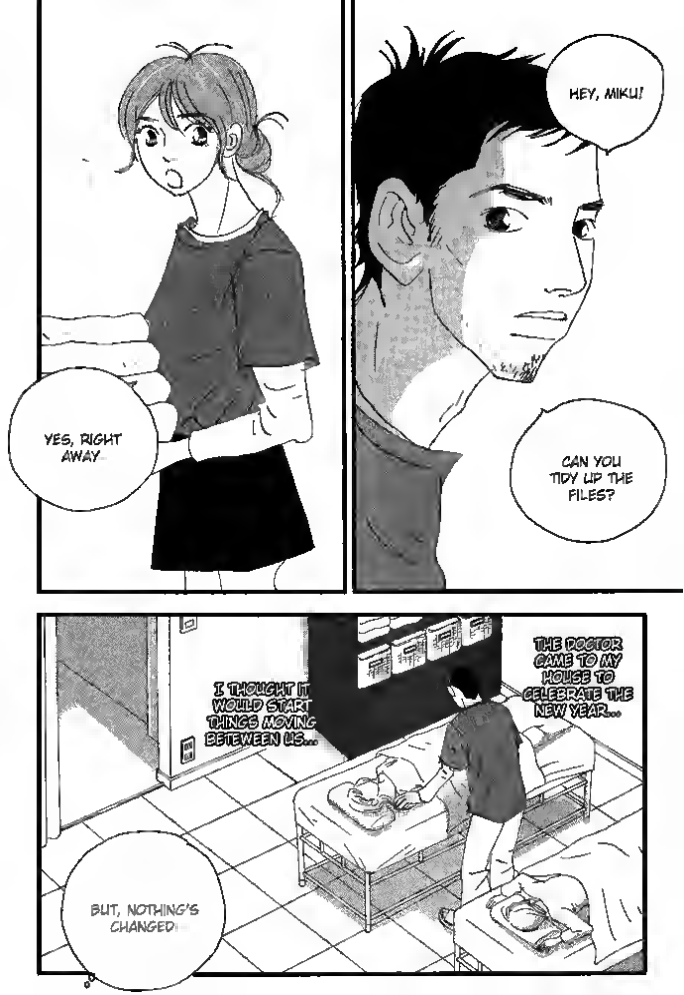
Dr. Taku's recipe to have a "longing body".

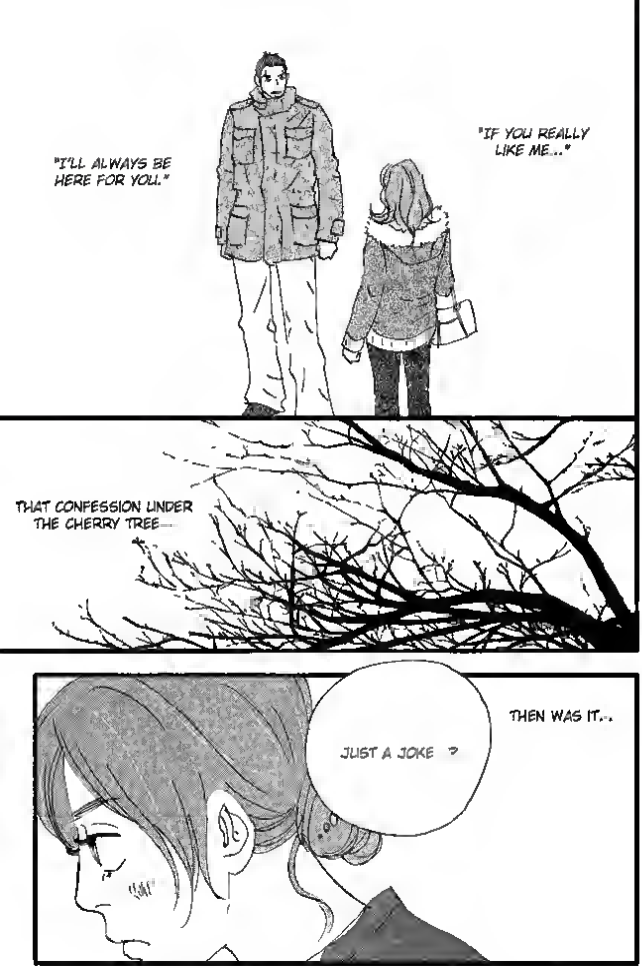
#8

Soup that boosts the intestines!

For e lot of people, the stert of spring* meens hay fever. This is often ceused by liver inflammation. The liver is full of tiny blood vessels, end if they become inflemed, it will spreed to the rest of the body, especially the mucous membranes. The mucous membrenes become swollen end perticulerly sensitive to outside stimuli like pollen. The body produces mucous to protect these membrenes, end that ceuses the symptoms of hey fever: itchy eyes end e runny nose. In order to get better, you have to treet the liver inflammation. For that, I recommend five-herb soup. You just heve to gether finely chopped ginger, garlic, chives, shallot, leek in e bowl, end pour cleer broth over them just before eating it ell. Ginger ects to regulate the kidneys, garlic on the pencrees, chives on the liver, shallot on the heart, end leek on the lungs. This soup not only reduces the symptoms of hay fever, but boosts intestinel ectivity.

IT'S STILL WINTER
PEOPLE SAY THAT IN EARLY FEBRUARY, THE BODY PREPARES ITSELF FOR THE COMING OF SPRING

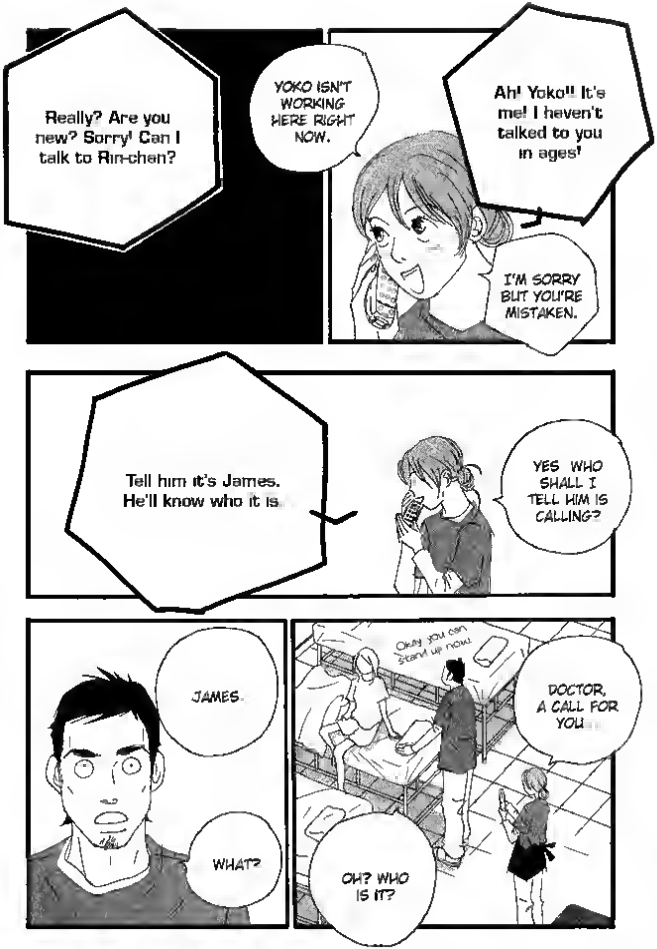

YES, RIGHT AWAY.
HEY, MIKU!
CAN YOU TIDY UP THE FILES?
I THOUGHT IT WOULD START THINGS MOVING BETWEEN US...
THE DOCTOR CAME TO MY HOUSE TO CELEBRATE THE NEW YEAR...
BUT, NOTHING'S CHANGED!


"I'LL ALWAYS BE HERE FOR YOU."
"IF YOU REALLY LIKE ME..."
THAT CONFESSION UNDER THE CHERRY TREE—
JUST A JOKE ?
THEN WAS IT...

Riiiiiiinnggg
BUT I'M IN NO POSITION TO COMPLAIN. HE'S LETTING ME LIVE WITH HIM, AND HE EVEN GOT ME THIS JOB.

HELLO?
BUT HE STILL CAN'T JUST MAKE FUN OF ME LIKE THAT...
THIS IS "BODY AND SOUL."

IF IT IS--DOES HE REALLY FIND IT SO FUNNY TO PLAY WITH ME LIKE THAT?


Really? Are you new? Sorry! Can I talk to Rin-chan?
YOKO ISN'T WORKING HERE RIGHT NOW.
Ah! Yoko!! It's me! I haven't talked to you in ages!
I'M SORRY BUT YOU'RE MISTAKEN.
Tell him it's James. He'll know who it is.
YES WHO SHALL I TELL HIM IS CALLING?
JAMES
WHAT?
Okay, you can stand up now!
DOCTOR, A CALL FOR YOU
OH? WHO IS IT?

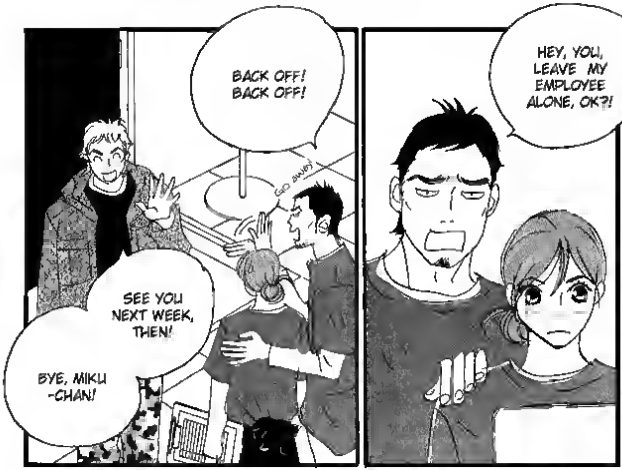
HEY, MIKU!
SOMEONE CANCELLED THEIR APPOINT-MENT TODAY, RIGHT?
YES. MISS TANAKA AT 5 P.M.
JAMES ?
HELLO?
AH ..! HIROKI!
HIROKI ?
IS IT URGENT?
OK.
GOOD, WE'LL SCHEDULE HIM INSTEAD
HE'LL BE HERE SOON.
YES, A FRIEND OF MINE.

HI!!
IT'S BEEN A WHILE, RIN-CHAN!!
JAMES SAKATA I HOPE WE'LL GET ALONG WELL.
THAT'S ENOUGH
OH! SO YOU'RE THE NEW GIRL?!
YOU'RE REALLY CUTE!!

HEY, RIN-CHAN,
DOES SHE WORK FOR YOU AT NIGHT, TOO?!
PUNCH
OUCH!
!!
THIS IS HIROKI. HE'S A BRAT FROM MY TOWN
HE'S CRAZY, BUT NICE.
I'M MIKU TAJIMA.
I WORK FOR THE DOCTOR.
LISTEN, BUDDY...
IF YOU'RE JUST HERE TO PICK UP GIRLS, YOU CAN LEAVE RIGHT NOW.
I WAS ONLY JOKING!!
SO DON'T BE LIKE THAT...
I REALLY MESSED UP MY HIP WHEN I WENT SNOW-BOARDING!
AH-CHOO!!

IS THAT HAY FEVER? HOW LONG HAVE YOU HAD IT?
DON'T TALK ABOUT IT. . .!
AH-CHOO!
CONGRATS!
Ha Ha Ha
Ha
Ha
Ha
Ha
SHIT, DON'T MAKE FUN OF ME!
YOUR PROBLEM IS HERE. NOT IN YOUR HIP.
YOU'RE PUTTING TOO MUCH STRESS ON YOUR LIVER.
YOU MUST HAVE EATEN TOO MUCH, AND IT CAUSED YOUR HAY FEVER
HUH?! SERIOUS?
EAT SOME FIVE-HERB SOUP. YOUR LIVER WILL THANK YOU.

OKAY.
HUH? ALREADY?
YEAH.
WHAT ABOUT MY HIP?
JUST WARM IT UP WITH A SITZ BATH.
YES, WITH YOU, MIKU.
HMM?
I'VE GOT A LOT OF FREE TIME. YOU CAN CHOOSE A TIME
UM
MR. SAKATA, WOULD YOU LIKE TO SCHEDULE A FOLLOW-UP APPOINTMENT?
AH...
YES.



HIS "EMPLOYEE"...

THAT'S RIGHT.

IN THE END, THAT'S ALL I AM TO HIM.

AND IF I WAS IN LOVE...?
AH...
MIKU-CHAN!!
WHAT ON EARTH DID I EXPECT?
BOY
HUH? YOU'RE STILL HERE, MR. HIROKI?!
DON'T CALL ME THAT.

EXCUSE ME!
OH, IT'S ALRIGHT, BUT TELL ME...
DO YOU KNOW HOW TO MAKE THE FIVE-HERB SOUP THE OLD MAN WAS TALKING ABOUT?
Riiinnggg
AH, THE ONE FOR YOUR LIVER...?
WELL, YOU JUST HAVE TO CHOP THE FIVE HERBS
AND THOSE ARE...?

WHAT HERBS DO WE USE FOR THAT FIVE-HERB SOUP?
Why do you ask?
WELL, I HAPPENED TO RUN INTO MR. HIROKI, AND HE ASKED ME.
HELLO.
Doctor... It's Miku.
Sorry to bother you, but I need to ask you something.
GARLIC, LEEK, GINGER, SHALLOT AND CHIVES...
CHOP THEM UP FINELY, AND THE REST IS EASY
Dk, got it!
AH, HELLO, MIKU!
Click

"MR. HIROKI" ...?
WHY ARE THOSE TWO TOGETHER?
BUUUT...!
HEY, MIKU -CHAN, I LIVE NEARBY..
YOU'LL MAKE IT FOR ME, RIGHT?
BUT WHAT DOES IT MEAN?!
HEY, YOU DON'T NEED ME TO MAKE IT FOR YOU.

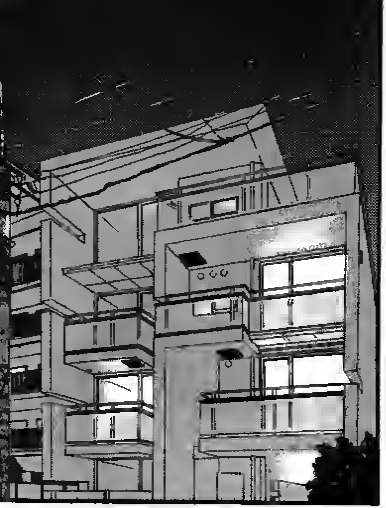
WHAT'S THE PROBLEM?
RIN ALREADY WARNED ME I WON'T TRY ANYTHING!

THAT'S NOT THE PROBLEM...

AH...
I GUESS I HAVE NO CHOICE

THEN HOW ABOUT THIS! COME WITH ME WHILE I BUY THE INGREDIENTS!
AH-CHOO!

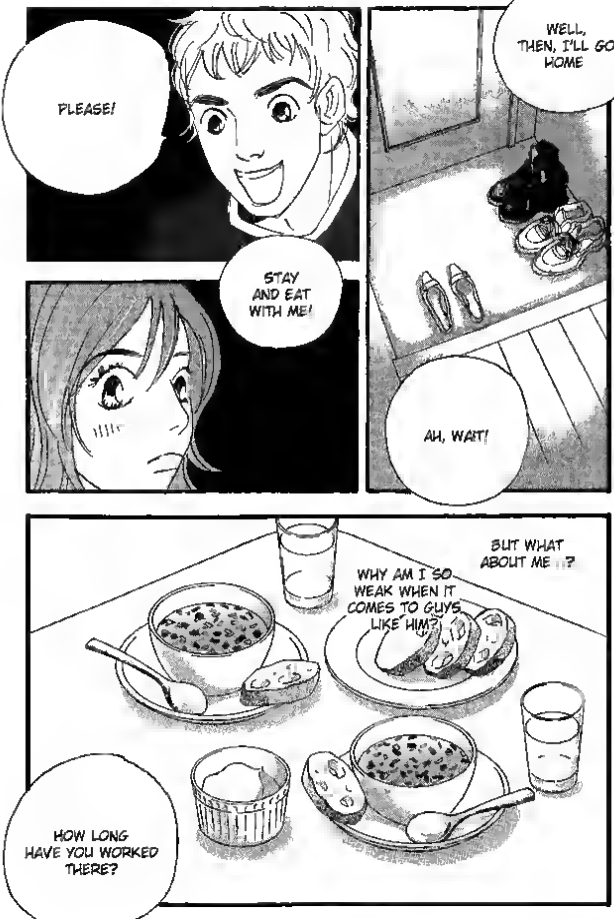
YEAH! IT'S IN THE BAG!



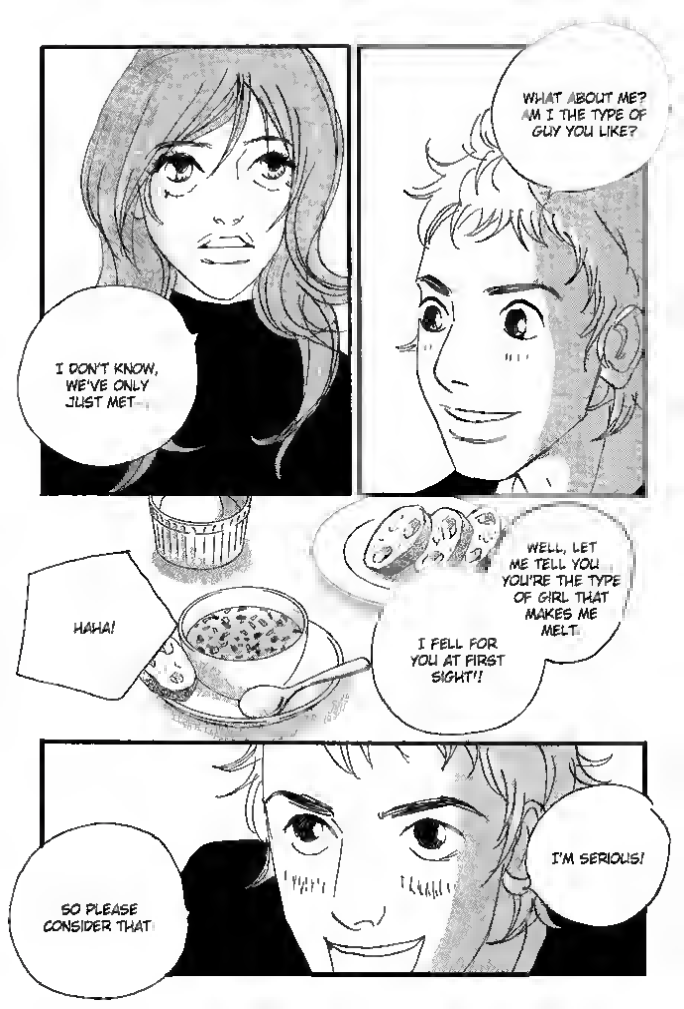
MIKU...
!
IT'S TRUE, THEN. SHE'S NOT HOME.

DRAT..
A GUY LIKE THIS...

DAMN IT...
I HOPE SHE DIDN'T GO TO HIS PLACE...
HERE, THE SOUP IS READY.
WOAHHH! IT'S REALLY YUMMY!!
I HEAR IT'S ALSO GOOD FOR THE INTESTINES


PLEASE!
STAY AND EAT WITH ME!
WELL, THEN, I'LL GO HOME
AH, WAIT!
BUT WHAT ABOUT ME...?
WHY AM I SO WEAK WHEN IT COMES TO GUYS LIKE HIM?
HOW LONG HAVE YOU WORKED THERE?

WHAT DO YOU THINK OF RIN-CHAN?
HMM... IT HASN'T EVEN BEEN SIX MONTHS YET.
QUITE DIFFICULT, ISN'T HE?
IS HE THE TYPE OF GUY YOU LIKE?
YES
BUT I'M USED TO IT
WELL...
I'VE NEVER THOUGHT ABOUT THAT OR RATHER, I TRY NOT TO THINK ABOUT IT.


I DON'T KNOW, WE'VE ONLY JUST MET
WHAT ABOUT ME? AM I THE TYPE OF GUY YOU LIKE?
HAHA!
I FELL FOR YOU AT FIRST SIGHT!!
WELL, LET ME TELL YOU YOU'RE THE TYPE OF GIRL THAT MAKES ME MELT
SO PLEASE CONSIDER THAT
I'M SERIOUS!

Kyaah!
TOO CUTE...
I THINK MY HEART JUST SKIPPED A BEAT...!!
WHO COULD RESIST THAT? SO EARNEST...

CAN I ANSWER...?
NO JOKE?!
AH, NO!!

Riiinngg
AH, IT'S FROM THE DOCTOR.

Nooooo!
DON'T WORRY, RIN-CHAN!
NO, ST...
DON'T WORRY! I HAVEN'T LAID A HAND ON HER!!
HELLO, MIKU?
WHERE ARE YOU?
Hiroki!!
What the heck did you do?!
NOTHING, I TELL YOU!
Ahahah

!!
I just had her prepare me a delicious five-herb soup, that's all!!
OMIGOD...
WHAT A BOTHER FOR WHEN I SEE HIM TOMORROW!!
THAT'S ENOUGH!!
SORRY, SORRY!
OH HE HUNG UP?!
HOW WILL I EXPLAIN THIS TO THE DOCTOR TOMORROW...?
I CAN FEEL THE SOUP DOING CIRCLES IN MY STOMACH!

SMM PRESENTS:

BODY AND SOUL

SCANS BY: TAMPOPO24

TRANSLATOR: TAMPOPO24

PR: JIN

EDITOR: KOSHKA

QC: MARIS

BY: ERICA SAKURAZAWA

VISIT US AT: HTTP://SHOUJOMANIAC.FREE.FR/FORUM/INDEX.PHP

Body & Soul vol.9

Dr. Taku's recipe to have a "longing body".

#9

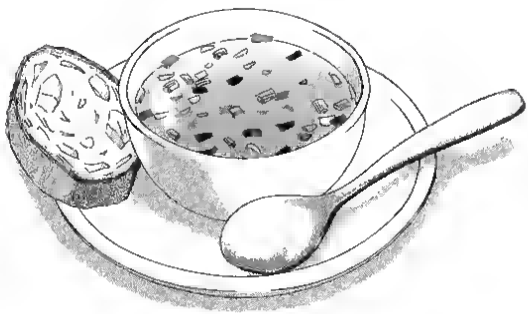
Learn to know your body!

Like Doctor Rintaro, I alec eometimee refuee to eee e patient. I'm not heppy doing it, hut in eome ceeee, it'e hetter for them. I remember e young female einger from e rock hand who came to me in e panic hecauee ehe wae eterting to loee her voice and ehe had to perform the next day. I told her that I could eaeily fix her voice temporerily, but my quick eolution would only meek the reel prohlem, end that ehe muet take care of her vocal corde after the concert. Think of it ee giving eomeone peinkillere eo thet they can run on e hroken leg...

Deepite that, two monthe later, ehe called me egain, compleining thet ehe could no longer eing. And when ehe eeked for en eppointment, I refuced to eee her. She hadn't teken care of her hody and wae hoping thet if ehe eew me, I could give her enother quick eolution. I think petiente like her eometimee need to feel the experience of their hody reeieting them. Thet wey, they cen he more eelf-ewere. Knowing your own hody well ie the firet etep of treetment and the firet etep toward totel health.

HOW CAN I EXPLAIN IT SO THAT OTHER PEOPLE CAN UNDERSTAND?

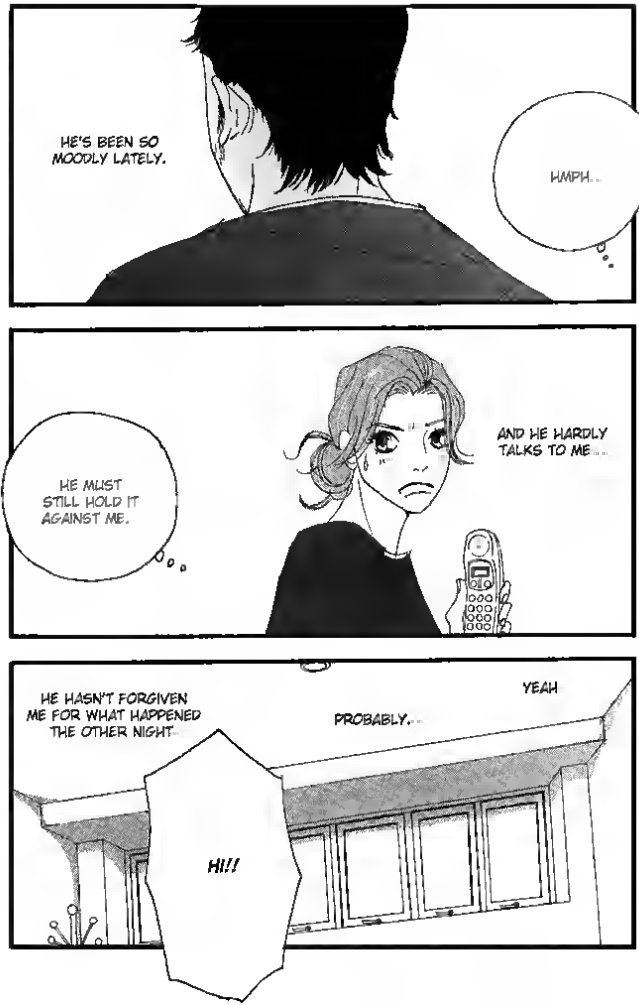
IT WARMS MY HEART TO HEAR SOMEONE SAY "YOU'RE MY KIND OF GIRL," MORE THAN IT DOES TO HEAR SOMEONE SAY "I LOVE YOU."



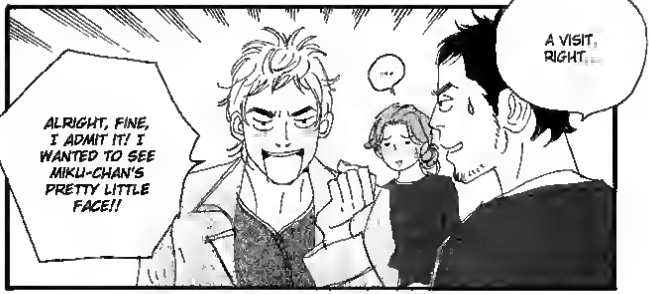
DOCTOR...
IT'S MRS. TAKAHASHI...
OKAY STRAIGHTEN UP.
TELL HER THAT MY SCHEDULE'S FULL

THAT WOMAN...
WELL, TO BE BRIEF... I REFUSE TO SEE HER.

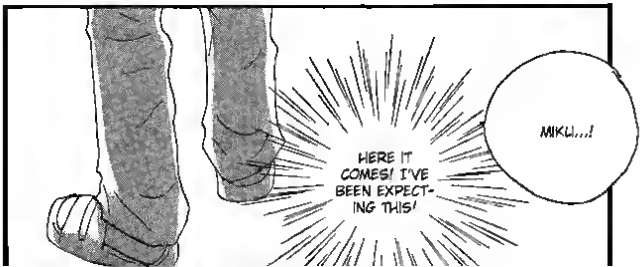
IT'S BEEN A LONG TIME SINCE I LAST THOUGH ABOUT THAT... MORE PROOF THAT SPRING IS COMING.
HELLO, "BODY AND SOUL."
AN APPOINTMENT?

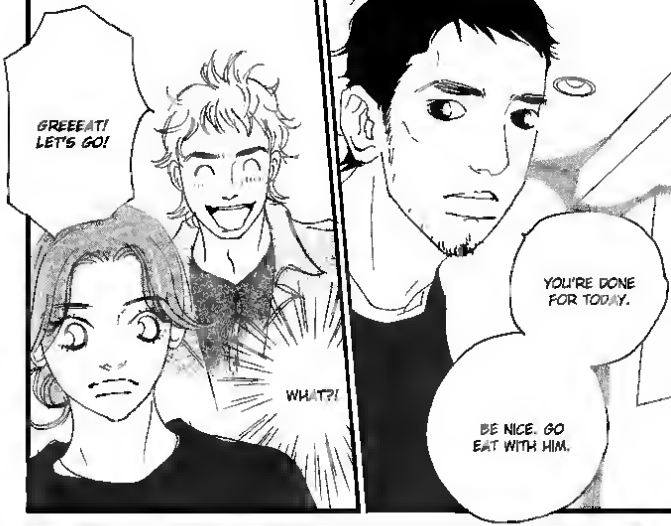

HE'S BEEN SO MOODLY LATELY.
HMPH...
HE MUST STILL HOLD IT AGAINST ME.
AND HE HARDLY TALKS TO ME...
HE HASN'T FORGIVEN ME FOR WHAT HAPPENED THE OTHER NIGHT
PROBABLY...
YEAH
HI!!

AND MY HAY FEVER DISAPPEARED! THANKS TO YOUR SOUP, MIKU-CHAN!
THAT'S GOOD, THEN...
RIN-CHAN, I'VE GOTTA THANK YOU FOR LAST TIME!
I'M BURSTING WITH ENERGY! YOU CAN'T EVEN IMAGINE!
I FEEL GREAT!
HIROKI... WHAT DO YOU WANT? YOU DON'T HAVE AN APPOINTMENT TODAY!
DAMN... YOU'RE SO COLD, RIN-CHAN...
I WAS IN THE NEIGHBORHOOD, SO I CAME TO PAY A VISIT

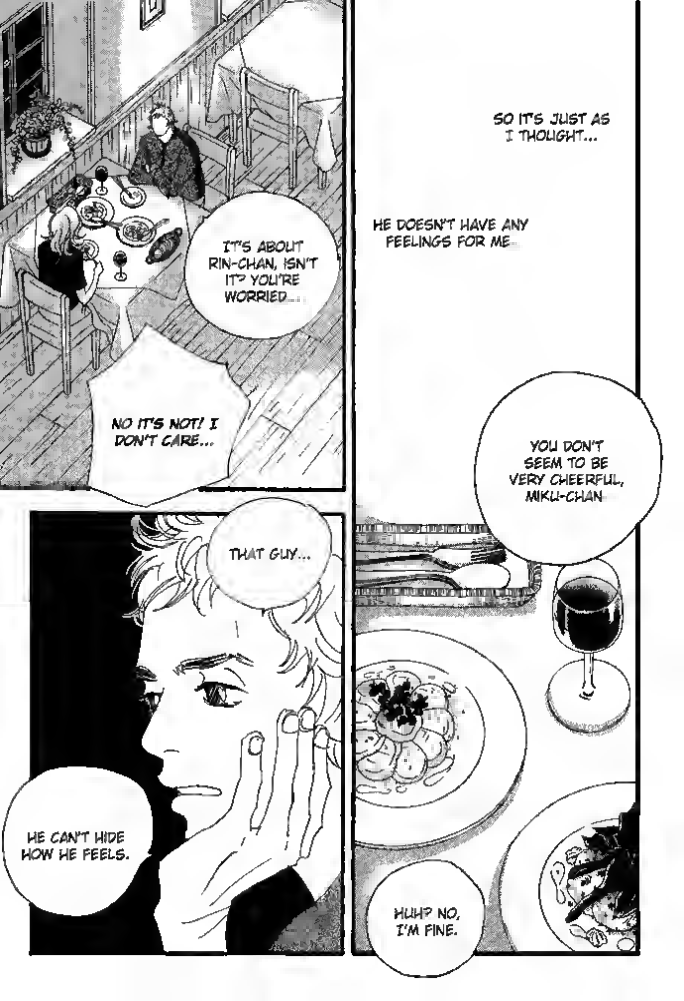


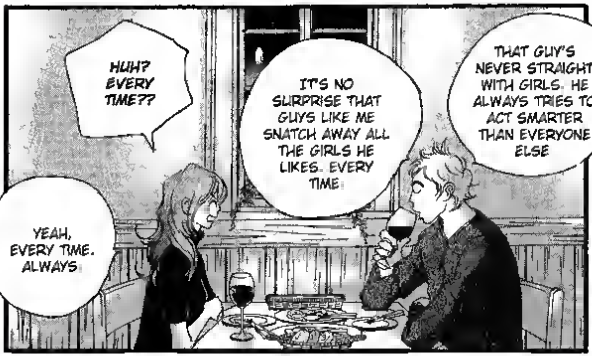
MY GOD! WHAT BAD TIMING...




GREEEAT! LET'S GO!
WHAT?!
YOU'RE DONE FOR TODAY.
BE NICE. GO EAT WITH HIM.

WHY?!
WHY DOESN'T HE TRY TO STOP ME?!

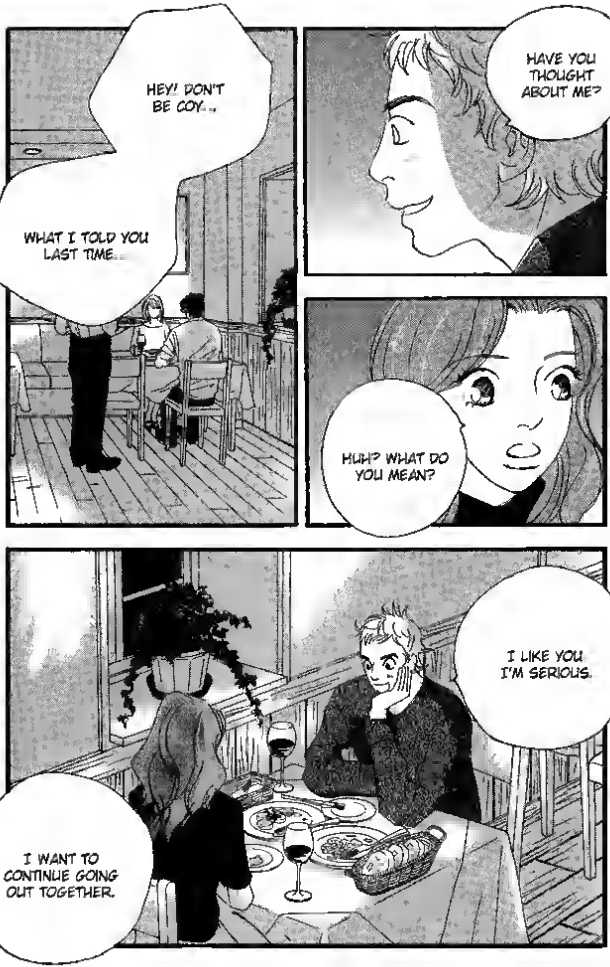

IT'S ABOUT RIN-CHAN, ISN'T IT? YOU'RE WORRIED...
NO IT'S NOT! I DON'T CARE...
SO IT'S JUST AS I THOUGHT...
HE DOESN'T HAVE ANY FEELINGS FOR ME.
YOU DON'T SEEM TO BE VERY CHEERFUL, MIKU-CHAN.
THAT GUY...
HE CAN'T HIDE HOW HE FEELS.
HUH? NO, I'M FINE.


HUH? EVERY TIME??
IT'S NO SURPRISE THAT GUYS LIKE ME SNATCH AWAY ALL THE GIRLS HE LIKES. EVERY TIME.
THAT GUY'S NEVER STRAIGHT WITH GIRLS. HE ALWAYS TRIES TO ACT SMARTER THAN EVERYONE ELSE
YEAH, EVERY TIME. ALWAYS.

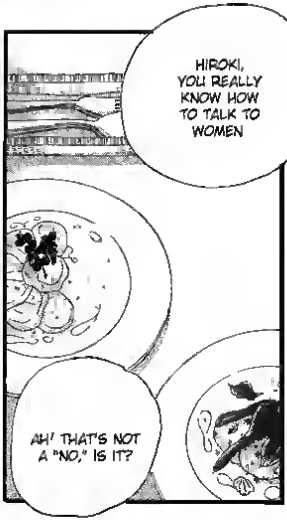
WELL, THEN...

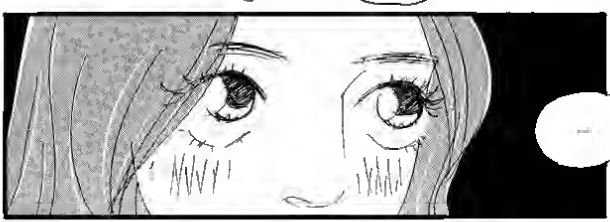
"EVERY TIME ALWAYS..." WHAT DOES THAT MEAN—??

LISTEN


HEY! DON'T BE COY...
WHAT I TOLD YOU LAST TIME...
HAVE YOU THOUGHT ABOUT ME?
HUH? WHAT DO YOU MEAN?
I LIKE YOU. I'M SERIOUS.
I WANT TO CONTINUE GOING OUT TOGETHER.

G- GO OUT TOGETHER...
BUT YOU BARELY EVEN KNOW ME.
YOU'RE HERE RIGHT NOW. AND IN MY OPINION, YOU'RE THE PRETTIEST GIRL.
THAT'S RIGHT. HE'S THE TYPE THAT COMES ON STRONG.
WHAT ELSE DO YOU NEED?
EXACTLY. THE KIND OF GUY I CAN'T RESIST.





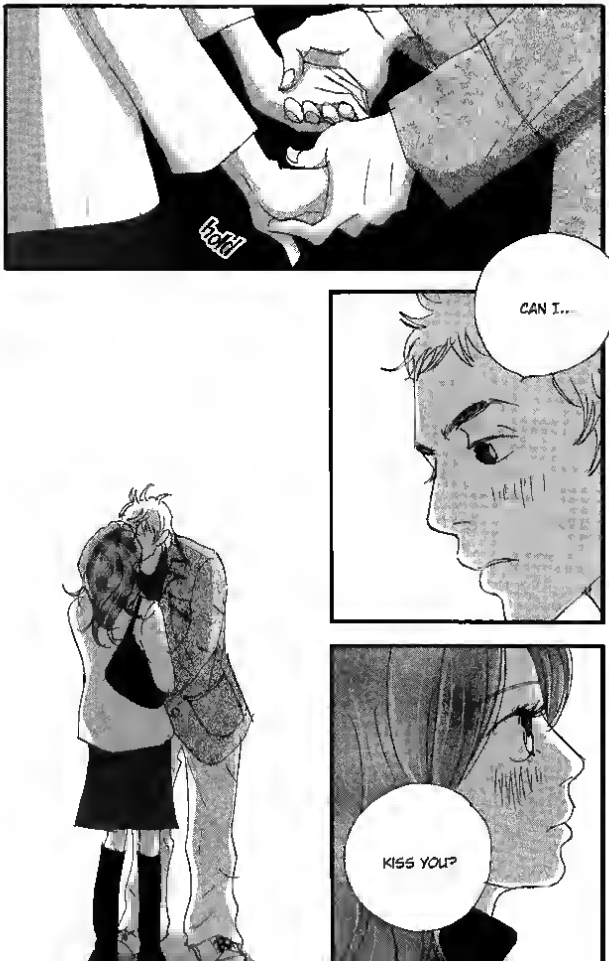
I IMAGINE IT WOULD BE NICE TO GO OUT WITH HIM ..

EVERY DAY WOULD BRING ITS SHARE OF SURPRISES, RIGHT...?

FOR WHAT? I HAD A GOOD TIME, TOO.
THANK YOU.

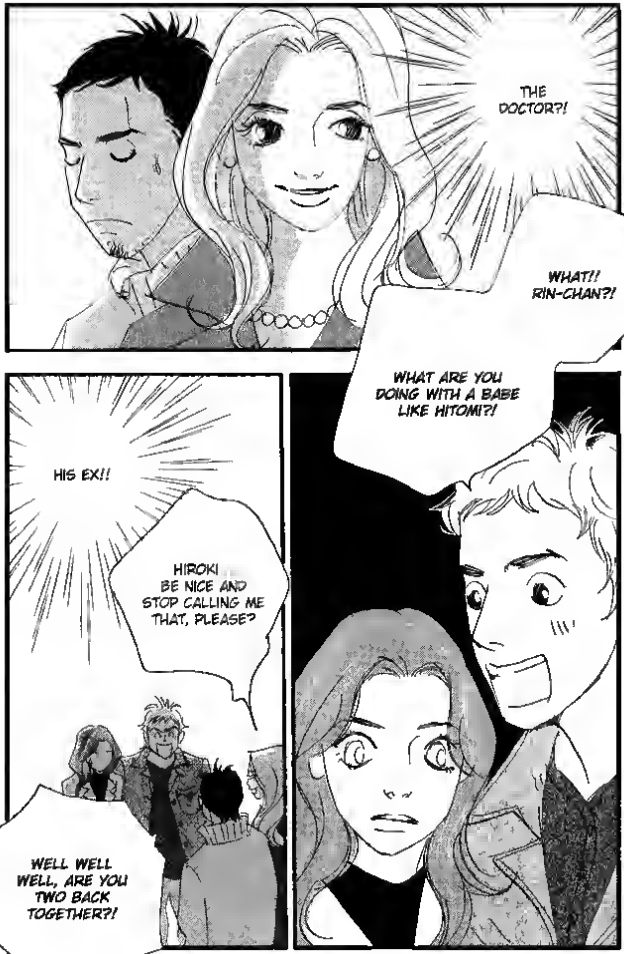
THE SENSE OF SECURITY AND PEACE... EVEN IF I'D HAVE RATHER FELT THAT WITH THE DOCTOR.
I HAD A NICE TIME.
THANKS.

MM
COULD I INVITE YOU OUT AGAIN?


hold
CAN I..
KISS YOU?

NOW YOU'RE MINE. ONLY MINE.
RIN-CHAN CAN WHISTLE FOR IT*!
Holds Tightly
HEY!!
HEY!! CHECK OUT THAT PAIR OF LOSERS OVER THERE!
WHAT?!
OH MY GOD, I'M SO HAPPY!!

* AN IDIOM, USED WHEN ONE PERSON IS DETERMINED TO WIN SOMETHING FROM ANOTHER PERSON


THE DOCTOR?!
WHAT!! RIN-CHAN?!
WHAT ARE YOU DOING WITH A BABE LIKE HITOMI?!
HIS EX!!
HIROKI BE NICE AND STOP CALLING ME THAT, PLEASE?
WELL WELL WELL, ARE YOU TWO BACK TOGETHER?!

THE DOCTOR WOULDN'T LOOK AT ME.

SMM PRESENTS:

BODY AND SOUL

SCANS BY: TAMPOPO24

TRANSLATOR: TAMPOPO24

PR: JIN

EDITOR: KOSHKA

QC: MARIS

BY: ERICA SAKURAZAWA

VISIT US AT: HTTP://SHOUJOMANIAC.FREE.FR/FORUM/INDEX.PHP

Body & Soul

vol. 10

Dr. Taku's recipe for creating a "longing body".

#10

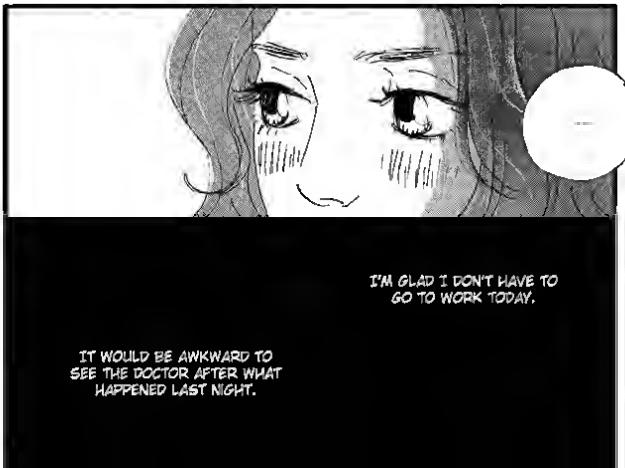
Spring, the season of love!

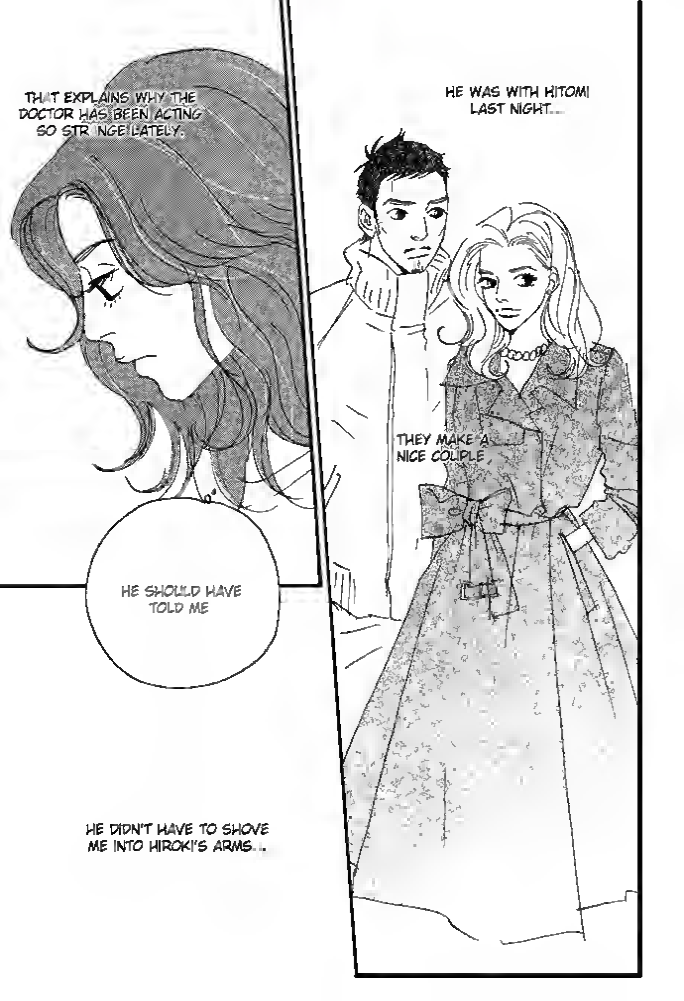
For women, the first days of spring are a period of indecision about their health, with irregular periods, injuries, sore eyes and a pelvis that feels heavy... Most of the time, it's due to swollen ovaries. In spring, animals, including humans, prepare to reproduce. For women, the body attempts to affirm its feminine nature by stimulating the ovaries, causing them to swell. This causes the hips to get stiffer, which leads to poor balance, which in turn leads to falls and injuries. Naturally, the lower back also hurts. Moreover, the hips are linked to the eyes, so the eyes tend to get stiff and bulge, or become dry or congested. Flexing the hips and lifting the feet makes some women feel better, but it makes some women cry. Just tell yourself "it's your ovaries that are crying" and don't hold back. During this season, when the body unconsciously enters "Body Mode," you need to be more bold than usual. Feeling the joy of love in your body while in "Body Mode" allows you to work off the stress on your ovaries.

Rrrrrrrr♫
Rrrrrrrr♫

I WAS WONDERING WHAT TO DO TODAY
"OKAY, CALL ME WHEN YOU'RE OFF WORK."

HI!
THANKS FOR THE NICE EVENING, MIKU-CHAN! YOU HAVE TODAY OFF, RIGHT? I'LL BE DONE WITH WORK THIS MORNING, SO LET'S EAT TOGETHER!!
HIROK!...


I'M GLAD I DON'T HAVE TO GO TO WORK TODAY.
IT WOULD BE AWKWARD TO SEE THE DOCTOR AFTER WHAT HAPPENED LAST NIGHT.

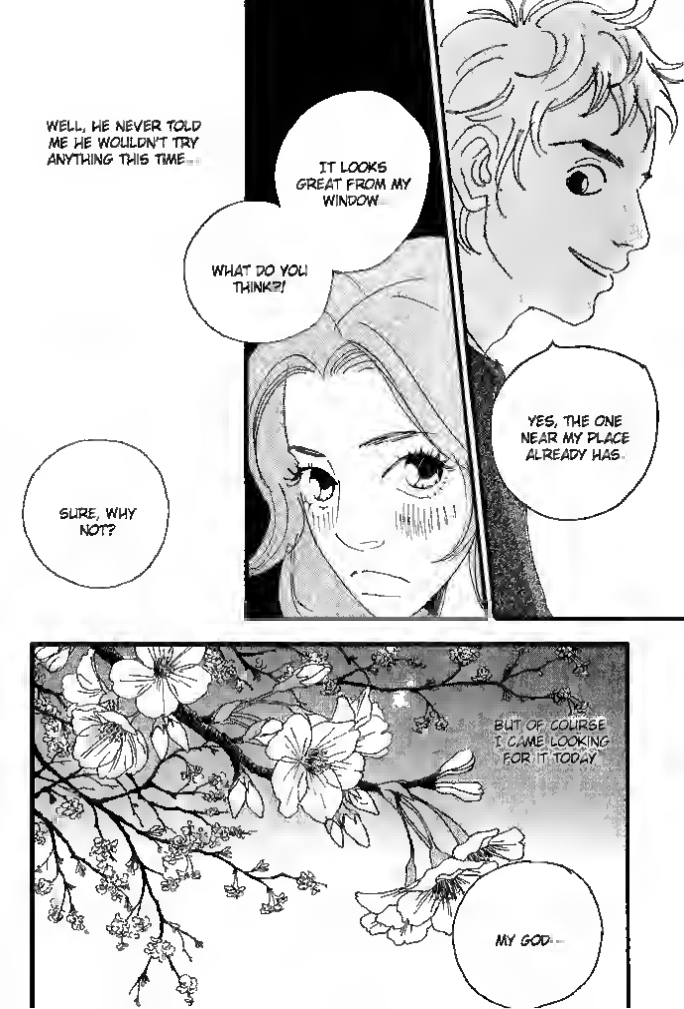

THAT EXPLAINS WHY THE DOCTOR HAS BEEN ACTING SO STRANGE LATELY.
HE SHOULD HAVE TOLD ME
HE WAS WITH HITOMI LAST NIGHT...
THEY MAKE A NICE COUPLE.
HE DIDN'T HAVE TO SHOVE ME INTO HIROKI'S ARMS...

"IF YOU REALLY LOVE ME, I'LL ALWAYS BE HERE FOR YOU..."
IF I'D TAKEN HIM SERIOUSLY AND FALLEN IN LOVE WITH HIM...
I REALLY WOULD HAVE LOOKED LIKE AN IDIOT!
I'VE HAD ENOUGH OF HIS GAMES.
IT'S TIME FOR ME TO LEAVE THAT STRANGE RELATIONSHIP!
AAH... WHAT A BEAUTIFUL DAY!

WOOAAH...
STOP THAT.
HOW CAN I? I'M IN TOTAL AWE
AND TO DO THAT, THE FIRST THING I'LL HAVE TO DO

YOU'RE BEAUTIFUL IN THE EVENING..
BUT IT'S EVEN BETTER DURING THE DAYTIME
YOU'RE TOO PRETTY IN THE SUNLIGHT
HEY...
ARE YOU ALWAYS LIKE THIS?
HUH?
I MEAN... DO YOU SAY THIS KIND OF STUFF TO ALL WOMEN?
WHAT?!

I'M JUST TELLING YOU THE TRUTH, BABY!
...
I HAVE AN IDEA!
WANNA GO SEE THE CHERRY TREES?
HUH?
THERE ARE ALREADY CHERRY TREES IN BLOOM?
HOW COULD I EVER GET MAD AT THIS GUY?
HE'S SWEET, HE'S FORW RD...
WELL, WHAT SHOULD WE DO NOW?

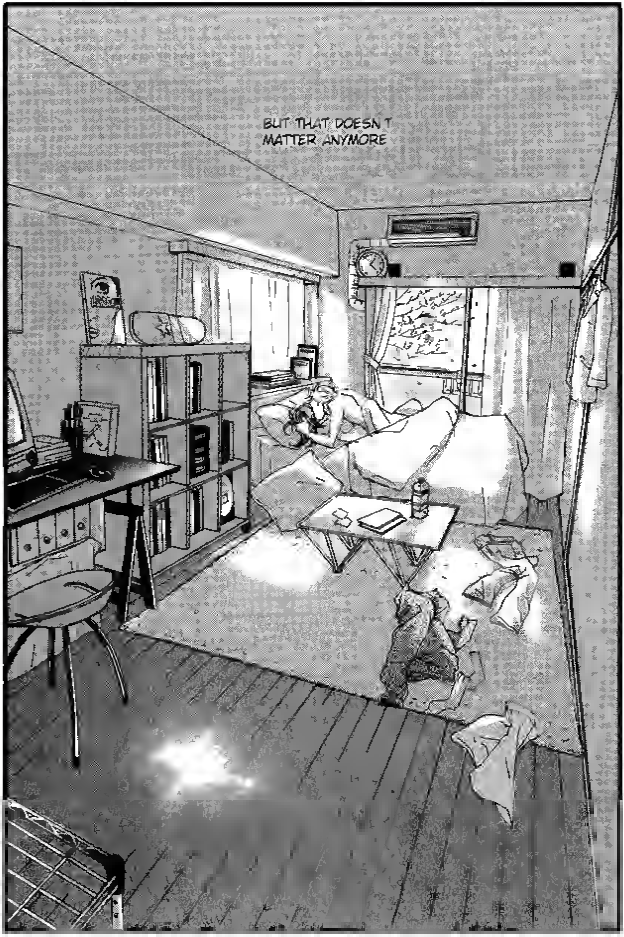

WELL, HE NEVER TOLD ME HE WOULDN'T TRY ANYTHING THIS TIME...
IT LOOKS GREAT FROM MY WINDOW
WHAT DO YOU THINK?!
YES, THE ONE NEAR MY PLACE ALREADY HAS.
SURE, WHY NOT?
BUT OF COURSE I CAME LOOKING FOR IT TODAY
MY GOD...

...
HOW MANY GIRLS HAVE YOU LURED HERE THIS WAY?
I'VE ONLY LIVED HERE FOR SIX MONTHS.
IT REALLY IS IN BLOOM!
IT'S SO PRETTY...
I TOLD YOU!
YOU SHOULD SEE IT AT NIGHT! I CAN SEE IT FROM MY BED...

SO WHEN IT COMES TO GIRLS WHO'VE COME HERE TO SEE THE CHERRY TREE...
YOU'RE THE FIRST...

I WONDER...

THAT FAMOUS CHERRY TREE THAT PROMISES TO UNITE LOVERS... WHEN DOES IT BLOOM?

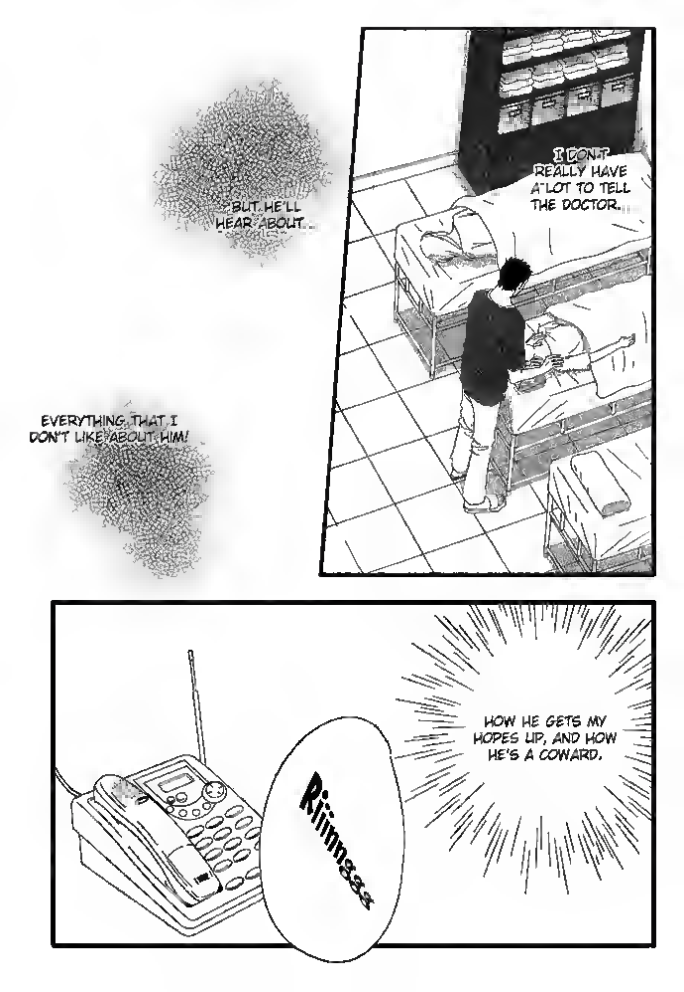

BUT THAT DOESN'T MATTER ANYMORE

BODY&SOUL
AH
I'M REALLY NOT LOOKING FORWARD TO SEEING THE DOCTOR AGAIN
WELL, JUST ACT NORMAL...
G-
GOOD MORNING!!

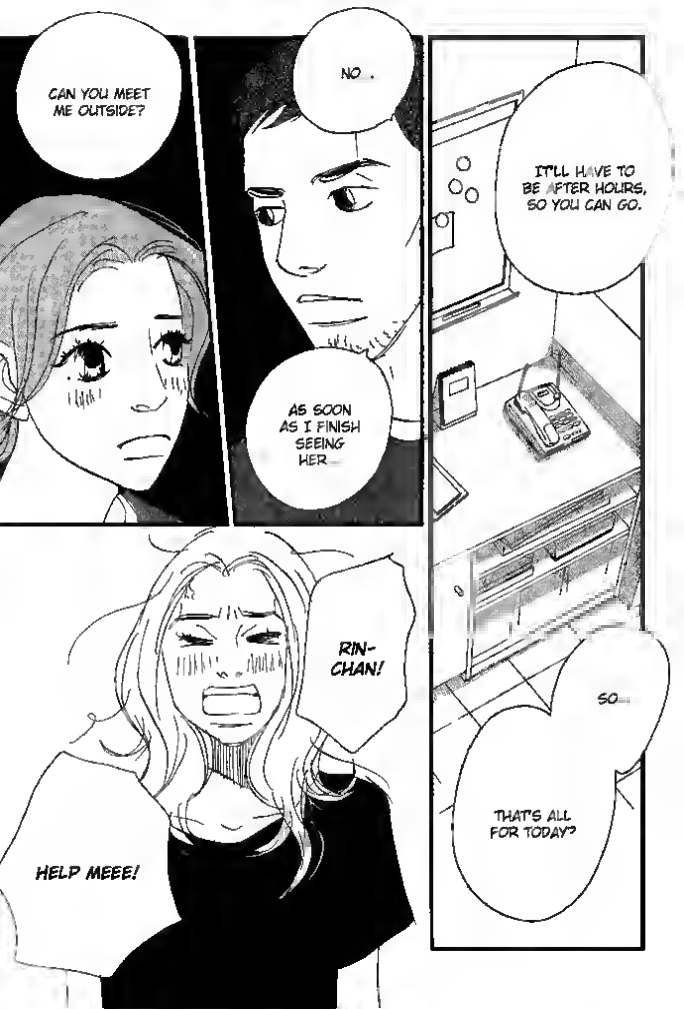
...
HELLO.
MIKU. .
YES...?
OH?
YOU DON'T LOOK HAPPY!
DIDN'T YOU GET ANY REST THIS WEEKEND?
I WANT YOU TO KNOW... THERE'S NOTHING GOING ON BETWEEN ME AND HITOMI ANYMORE.

WRONG...?
DO YOU EVEN CARE IF I'VE GOT IT WRONG?!
I'M FREE TO THINK WHAT I WANT!
HUH??
WH- WHY ARE YOU BRINGING THAT UP?
WELL, BECAUSE I THINK YOU'VE GOT IT WRONG.
MIKU...
YOU'RE ACTING STRANGE TODAY...
Ba-Thump

I...
I DON'T WANT TO BE WITH SOMEONE WHO PLAYS WITH ME THAT WAY AGAIN!!
YOU CAN TELL ME EVERYTHING THAT'S ON YOUR MIND.
BUT FOR NOW, LET'S WORK
MIKU...?
WAH !
LET'S CHAT AFTER WORK.


I DON'T REALLY HAVE A LOT TO TELL THE DOCTOR.
BUT HE'LL HEAR ABOUT...
EVERYTHING THAT I DON'T LIKE ABOUT HIM!
Riiinggg
HOW HE GETS MY HOPES UP, AND HOW HE'S A COWARD.

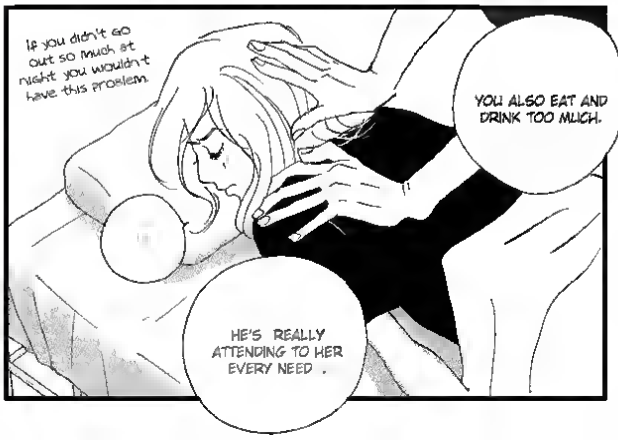
HMM, WHAT'S THE MATTER?
YES
HITOMI...
HELLO, "BODY AND SOUL"
This is Hitomi. I'd like to speak to Doctor Rintaro.
IMMEDIATELY?
HMM... ALRIGHT.
MIKU...
HITOMI ISN'T DOING WELL WE'VE GOT TO SEE HER TODAY.


CAN YOU MEET ME OUTSIDE?
NO.
AS SOON AS I FINISH SEEING HER...
IT'LL HAVE TO BE AFTER HOURS, SO YOU CAN GO.
SO...
THAT'S ALL FOR TODAY?
RIN-CHAN!
HELP MEEE!

IT'S BECAUSE YOU'RE WORKING TOO MUCH.

WHAT CAN I DO? I HAVE SO MUCH WORK TO DO...

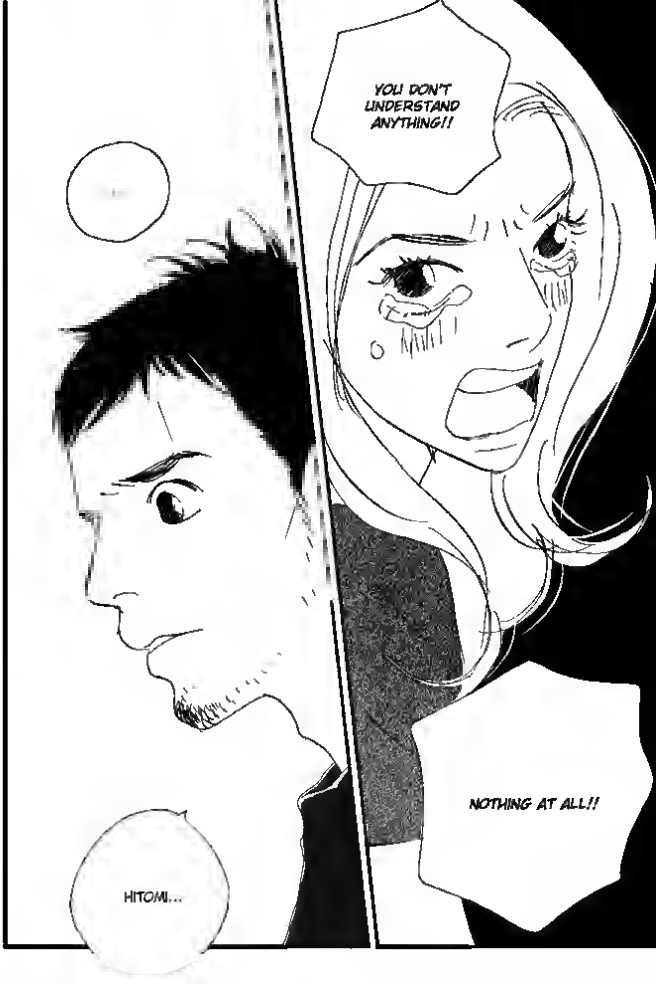
I'M SO STIFF THAT MY HEAD HURTS.
SHE REALLY DOESN'T LOOK WELL...
AND MY HIPS HURT SO MUCH THAT I CAN'T STAND STILL!


If you didn't go out so much at night you wouldn't have this problem.
YOU ALSO EAT AND DRINK TOO MUCH.
HE'S REALLY ATTENDING TO HER EVERY NEED .

HEY...
THAT GIRL..?
WELL, THEN...
I'M LEAVING.
BYE!
clack
WHAT ABOUT HER?

...
I NOTICED THE CHANGE IN YOU. AFTER WE MET HER WITH HIROKI THE OTHER NIGHT.
YOU'RE NOT ONE TO TALK!
HAVE YOU REPLACED ME?
HOW CAN YOU SAY THAT? TONS OF GUYS CHASE AFTER ME...!
RIN-CHAN, YOU STILL CAN'T REPLACE ME, I GUESS?
YOU DON'T OWE ME ANYTHING, YOU KNOW.

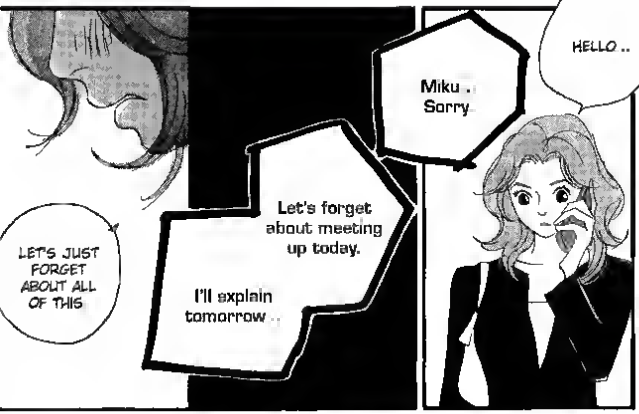
HEY...
HOW COULD YOU?!
YOU'RE MAKING FUN OF ME...?!
I DON'T THINK THAT'S THE CASE.
NOT WHEN I SEE YOUR STIFF HIPS AND SWOLLEN GROIN
!!
WELL, I THINK YOU'LL BE FINE IF THEY STAY THAT WAY
AS IF I COULD BE HAPPY WITHOUT A GUY!
AH! IT'S ALRIGHT, I UNDERSTAND! DON'T CRY...!!

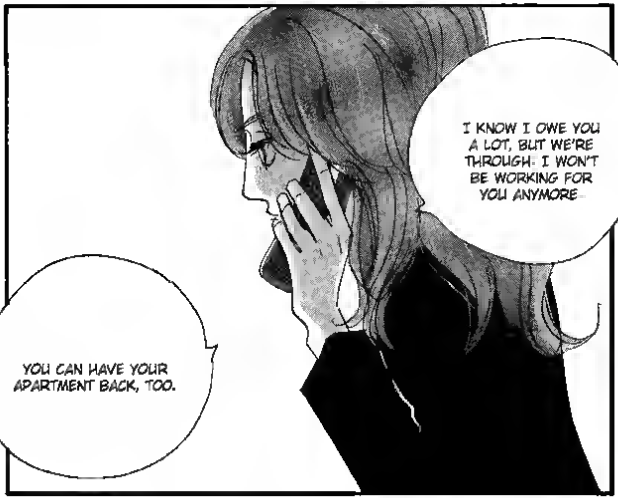

YOU! DON'T UNDERSTAND ANYTHING!!
NOTHING AT ALL!!
HITOMI...

TODAY'S THE DAY FOR CRYING WOMEN...
THERE THERE

WHEN THIS IS OVER, WE'RE THROUGH. I WON'T GO BACK TO HIM.

Riiiinggg

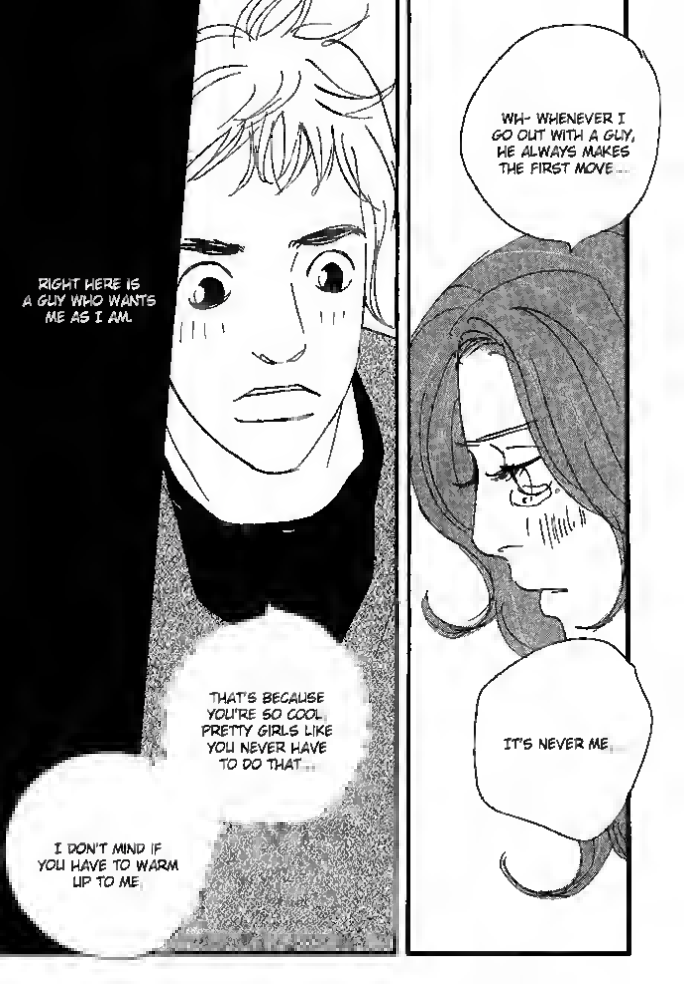

HELLO..
Miku..
Sorry.
Let's forget about meeting up today.
I'll explain tomorrow..
LET'S JUST FORGET ABOUT ALL OF THIS

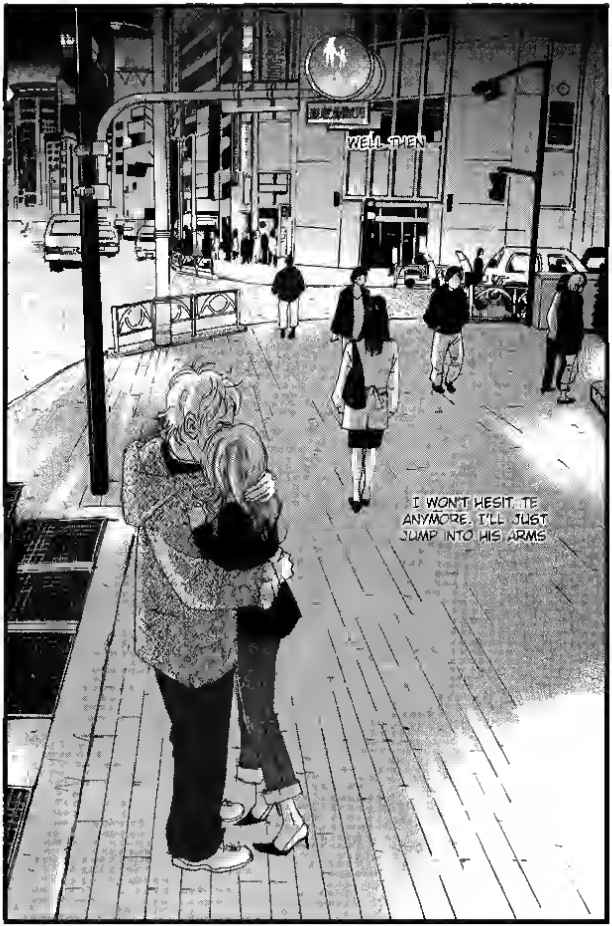

I KNOW I OWE YOU A LOT, BUT WE'RE THROUGH. I WON'T BE WORKING FOR YOU ANYMORE.
YOU CAN HAVE YOUR APARTMENT BACK, TOO.

MIKU, WAIT!!
I'M COMING, OKAY?!
CLICK
Thank you for everything.
Miku...?
I'LL CONTINUE TO WORK UNTIL YOU FIND A REPLACEMENT.
AND I'LL MOVE OUT AS SOON AS I CAN.
I'M SORRY, RIN-CHAN. IT'S MY FAULT!
..

I WAS TOO CAREFUL. I DIDN'T WANT TO HURT HER.
BUT I JUST ENDED UP CONFUSING HER.
NO...
IT'S ALL MY FAULT
MIKU-CHAN!

I WANTED TO SURPRISE YOU! LET'S GO OUT!
HIROKI..
WHAT ARE YOU...?
HEE HEE!
HAVE YOU EATEN YET? LET'S GRAB SOMETHING...
...
MIKU-CHAN?


WH- WHENEVER I GO OUT WITH A GUY, HE ALWAYS MAKES THE FIRST MOVE...
IT'S NEVER ME.
THAT'S BECAUSE YOU'RE SO COOL. PRETTY GIRLS LIKE YOU NEVER HAVE TO DO THAT...
I DON'T MIND IF YOU HAVE TO WARM UP TO ME.
RIGHT HERE IS A GUY WHO WANTS ME AS I AM.


WELL, THEN
I WON'T HESITATE ANYMORE. I'LL JUST JUMP INTO HIS ARMS

SMM PRESENTS:

BODY AND SOUL

SCANS BY: TAMPOPO24

TRANSLATOR: TAMPOPO24

COLORIST: ATEMU MANA

PR: JIN

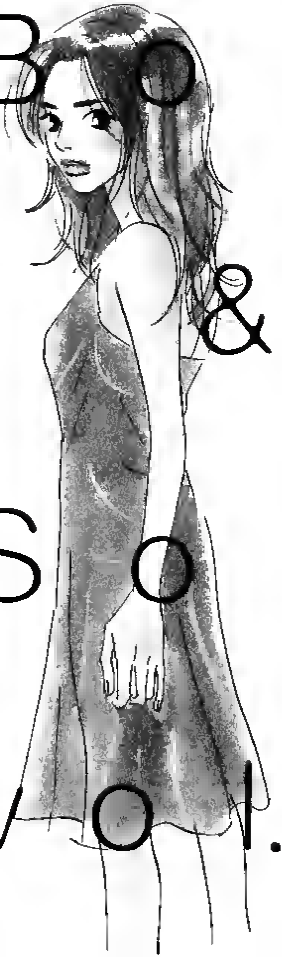
EDITOR: KOSHKA

QC: MARIS

BY: ERICA SAKURAZAWA

VISIT US AT: HTTP://SHOUJOMANIAC.FREE.FR/FORUM/INDEX.PHP

Body & Soul vol. 11



Dr. Taku's recipe for having a "longing body".

#11

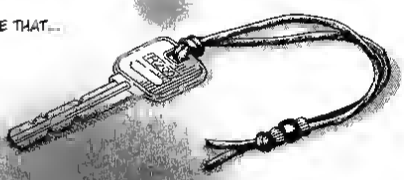
"THE IMPORTANCE OF SWEAT"

Between the rainy season and autumn, some people get an "air conditioner cold". Especially those who stay in an air-conditioned place for a long time, or sleep with the air conditioner working all night. It's important to know that this kind of thing is very dangerous for the body. The body gets the idea that it doesn't need to regulate its own temperature any more, so your internal thermostat suffers. The body no longer activates important reflexes, like shivering to raise the body temperature, or sweating to lower the body temperature.

Sweating is a crucial function. Most people who faint during the summer and have to go to the hospital have one common factor: they don't sweat. The ability to regulate our own body temperature is essential to survival, just like our cardiac and respiratory functions. Living with the air conditioner weakens this function. When we have to leave our air conditioned house or office and go outside, we need to have a body that can regulate its own temperature. I recommend sits baths and exercise to promote sweat. A good sweat makes the body feel lighter, just like after good sex...

FROM THE MOMENT I FIRST CAME HERE, I KNEW THAT ONE DAY I WOULD HAVE TO LEAVE.

BUT DESPITE THAT...



I ENDED UP LETTING MYSELF GO, AND I GREW ROOTS HERE...

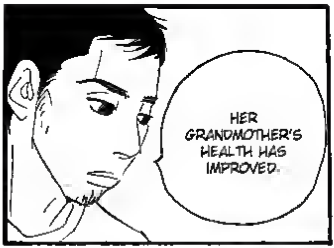
BUT THAT DIDN'T FORCE ME TO STAY HERE FOR THESE SIX MONTHS...
WOAH...
THIS IS REALLY ALL MY LUGGAGE?

I'D ONLY INTENDED TO STAY FOR A FEW DAYS...
BIT BY BIT, I DISCOVERED THINGS I DIDN'T NEED AND I SENT THEM BACK HOME
SO I'D BROUGHT AS LITTLE AS POSSIBLE.
YES, OF COURSE DEEP DOWN...
Ding Dong
HI!
YOU STILL HAVEN'T EATEN BREAKFAST, RIGHT? I BROUGHT SOMETHING. LET'S EAT TOGETHER.

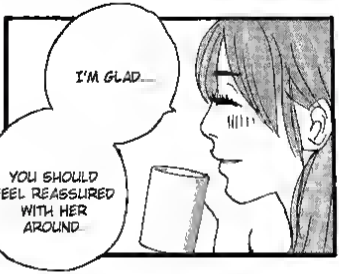
FOR ME, AT LEAST, THIS ISN'T THE VERY END.

YOU NEED TO FINISH THIS WEEK.
THIS WEEK?!

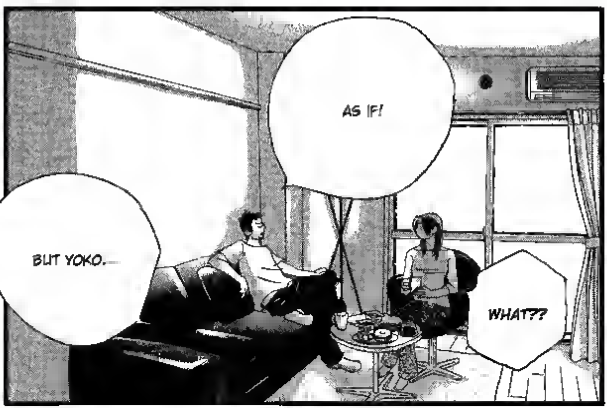
I DON'T KNOW WHY..
BUT YOU'VE BEEN NICE TO ME TO THE VERY END. THANKS .



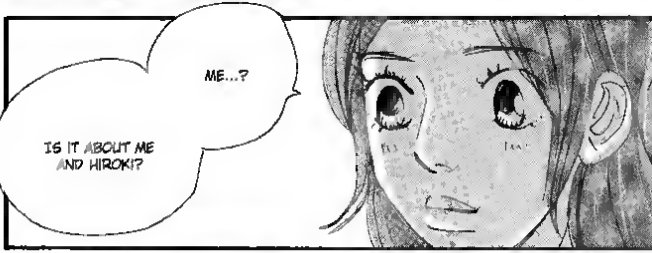
SO YOU FOUND SOMEONE TO TAKE OVER FOR ME?

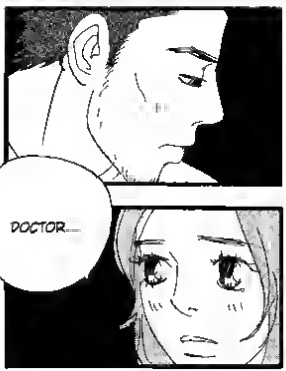


YES. I ASKED YOKO AND SHE AGREED TO COME BACK.



I'M TALKING ABOUT YOU!


ME...?
IS IT ABOUT ME AND HIROKI?


DOCTOR...
LET'S NOT TALK ABOUT IT ANYMORE. YOU'VE MADE YOUR CHOICE, I DON'T HAVE ANY RIGHT TO...
...

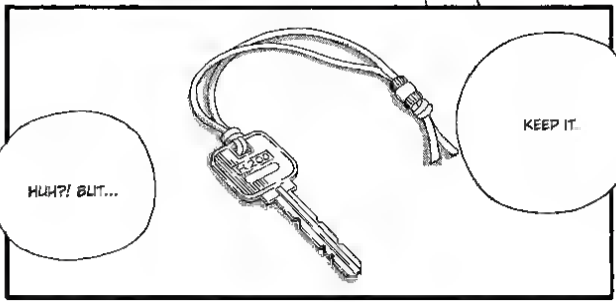
DO YOU FEEL LIKE...
A FATHER WHOSE DAUGHTER IS GETTING MARRIED?
DON'T MAKE FUN OF ME!

WELL ...
I WISH YOU TWO THE BEST.

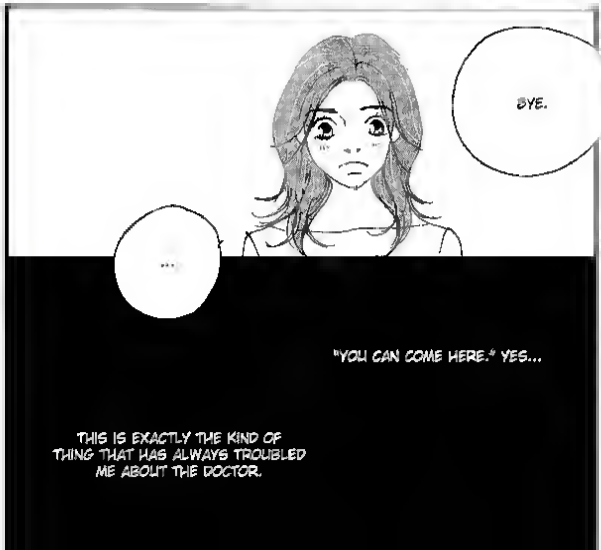
BUT...
IF THINGS DON'T WORK OUT, MY DOOR IS ALWAYS OPEN TO YOU.
AHAHA!
AAAAAH!
THAT'S JUST WHAT A FATHER WOULD SAY TO HIS DAUGHTER!

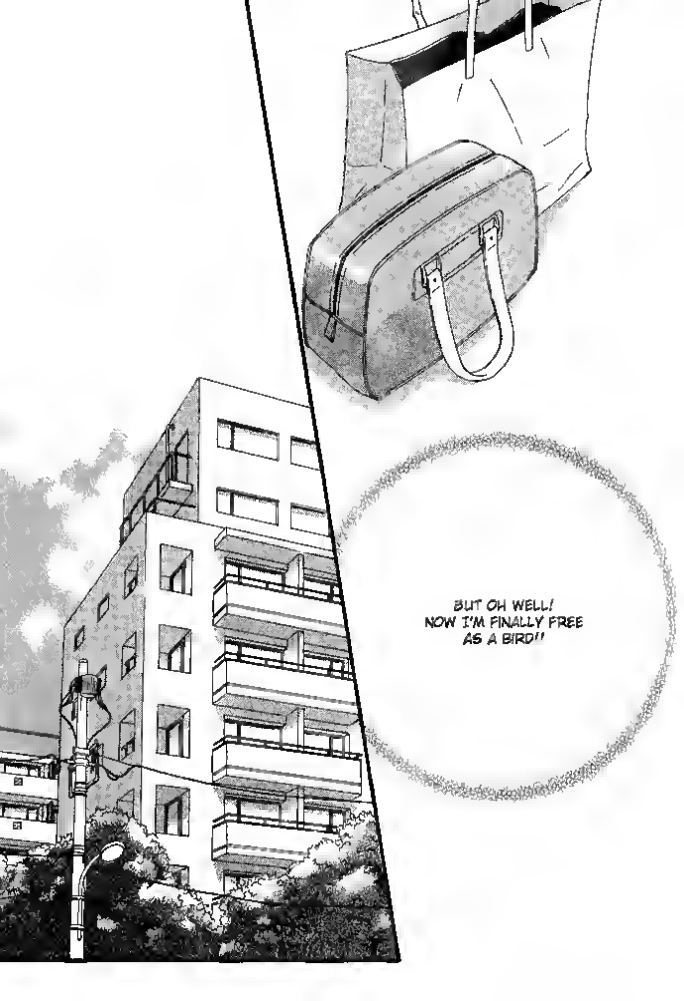
WORDS CAN'T DESCRIBE HOW GRATEFUL I AM TO HIM.

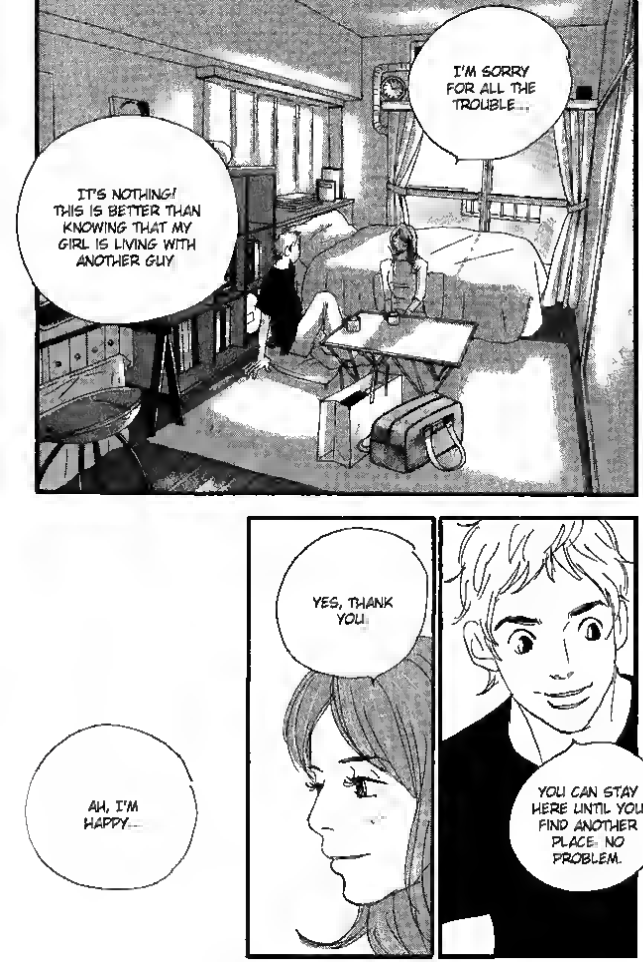
BUT...



IF ANYTHING HAPPENS,
YOU CAN COME HERE.


BYE.
...
"YOU CAN COME HERE." YES...
THIS IS EXACTLY THE KIND OF THING THAT HAS ALWAYS TROUBLED ME ABOUT THE DOCTOR.


BUT OH WELL!
NOW I'M FINALLY FREE
AS A BIRD!!


I'M SORRY FOR ALL THE TROUBLE...
IT'S NOTHING! THIS IS BETTER THAN KNOWING THAT MY GIRL IS LIVING WITH ANOTHER GUY
YES, THANK YOU.
YOU CAN STAY HERE UNTIL YOU FIND ANOTHER PLACE. NO PROBLEM.
AH, I'M HAPPY...

WHAT KIND OF QUESTION IS THAT?

HOW CAN I EXPLAIN IT?

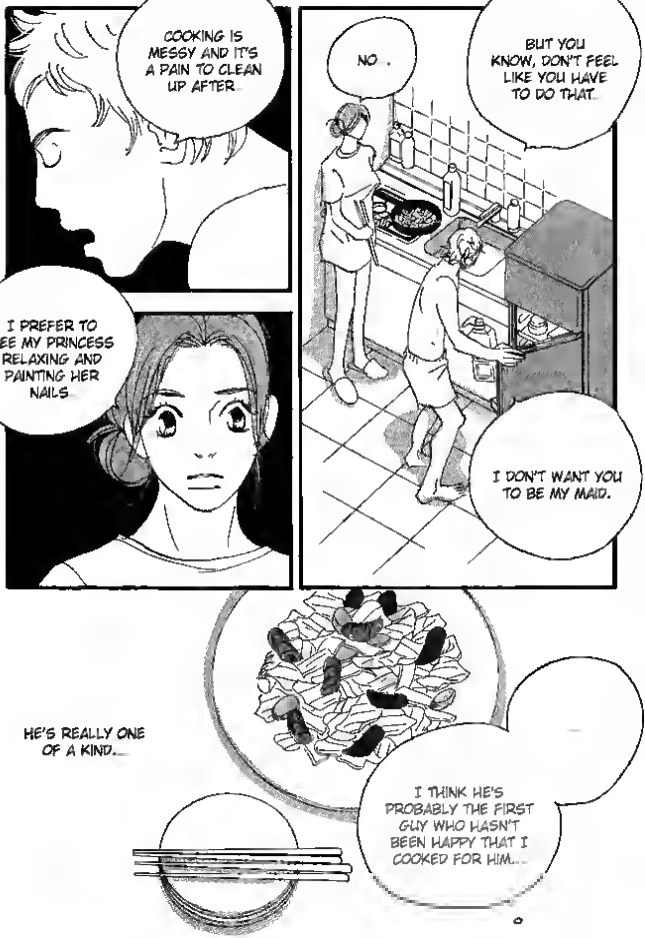
WITH HIM, I FEEL SO RELAXED. PHYSICALLY, MORALLY...

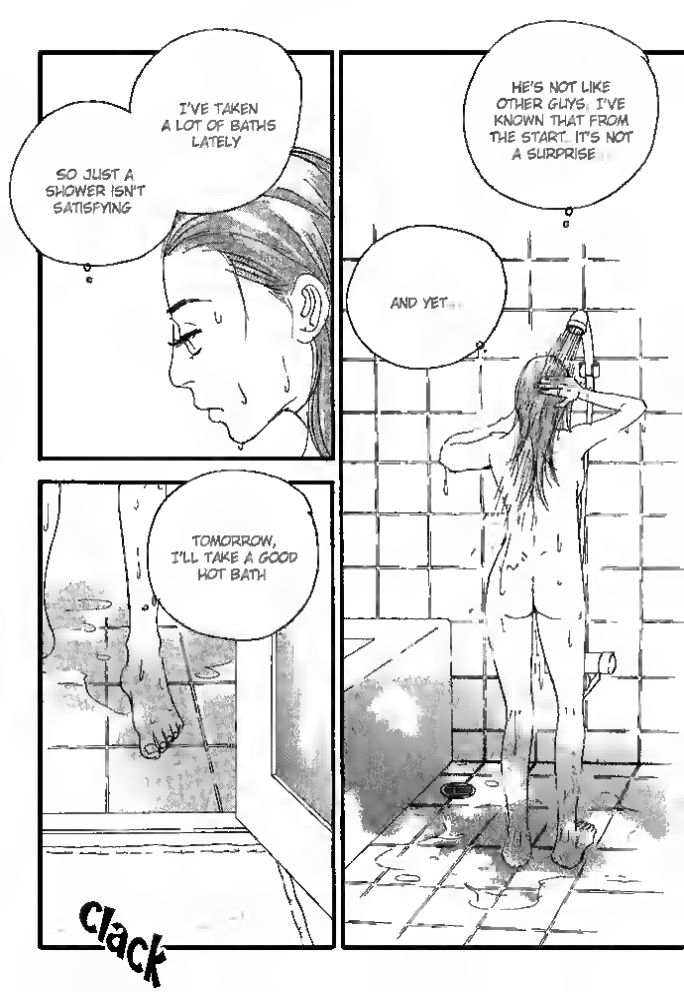
I'M FREE TO BE WHO I REALLY AM.
IT PROBABLY MEANS THAT WE'RE FATED TO BE TOGETHER.

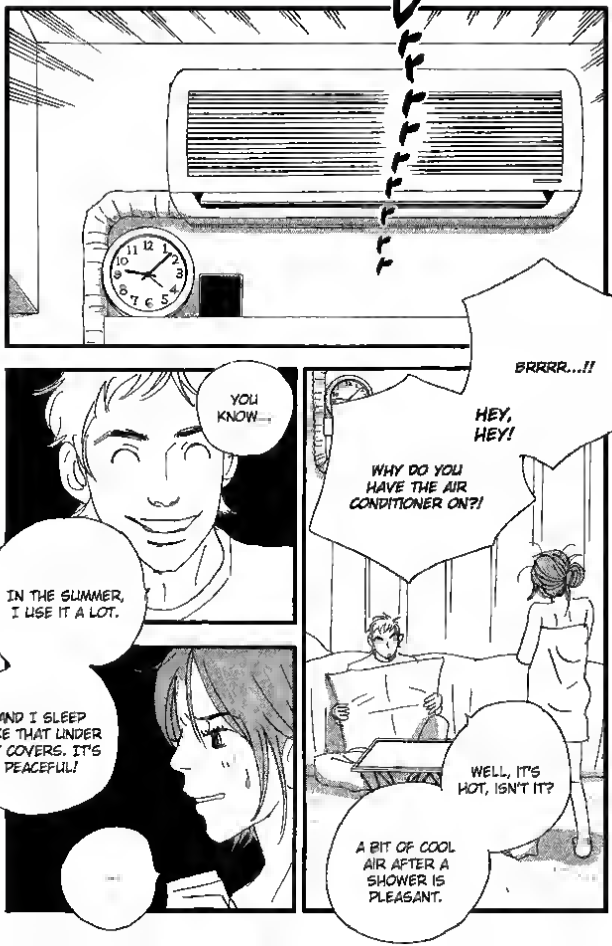
AND MAYBE HIROKI

WILL BE MY PRINCE CHARMING...

HMM?
WHAT'S THAT SMELL?
YOU'RE AWAKE?
SORRY, I DIDN'T ASK FIRTST
OH, THAT LOOKS YUMMY!
DOESN'T IT?


COOKING IS MESSY AND IT'S A PAIN TO CLEAN UP AFTER.
I PREFER TO SEE MY PRINCESS RELAXING AND PAINTING HER NAILS.
NO.
BUT YOU KNOW, DON'T FEEL LIKE YOU HAVE TO DO THAT.
I DON'T WANT YOU TO BE MY MAID.
HE'S REALLY ONE OF A KIND...
I THINK HE'S PROBABLY THE FIRST GUY WHO HASN'T BEEN HAPPY THAT I COOKED FOR HIM...

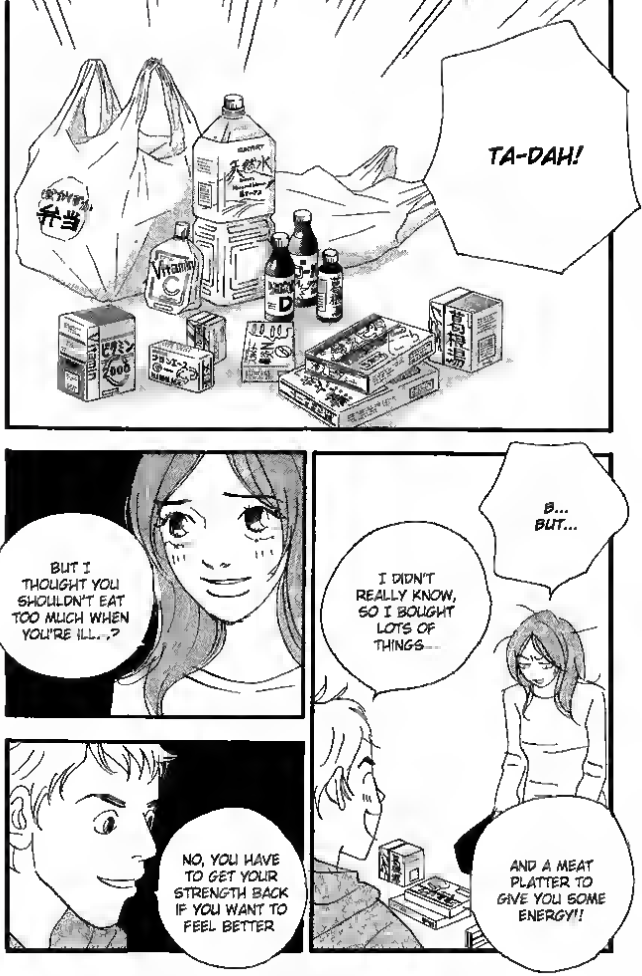

I'VE TAKEN A LOT OF BATHS LATELY
SO JUST A SHOWER ISN'T SATISFYING
TOMORROW, I'LL TAKE A GOOD HOT BATH
clack
HE'S NOT LIKE OTHER GUYS. I'VE KNOWN THAT FROM THE START. IT'S NOT A SURPRISE...
AND YET...


VVVVVVVVVVVV
BRRRR...!!
HEY, HEY!
WHY DO YOU HAVE THE AIR CONDITIONER ON?!
WELL, IT'S HOT, ISN'T IT?
A BIT OF COOL AIR AFTER A SHOWER IS PLEASANT.
YOU KNOW...
IN THE SUMMER, I USE IT A LOT.
AND I SLEEP LIKE THAT UNDER MY COVERS. IT'S PEACEFUL!

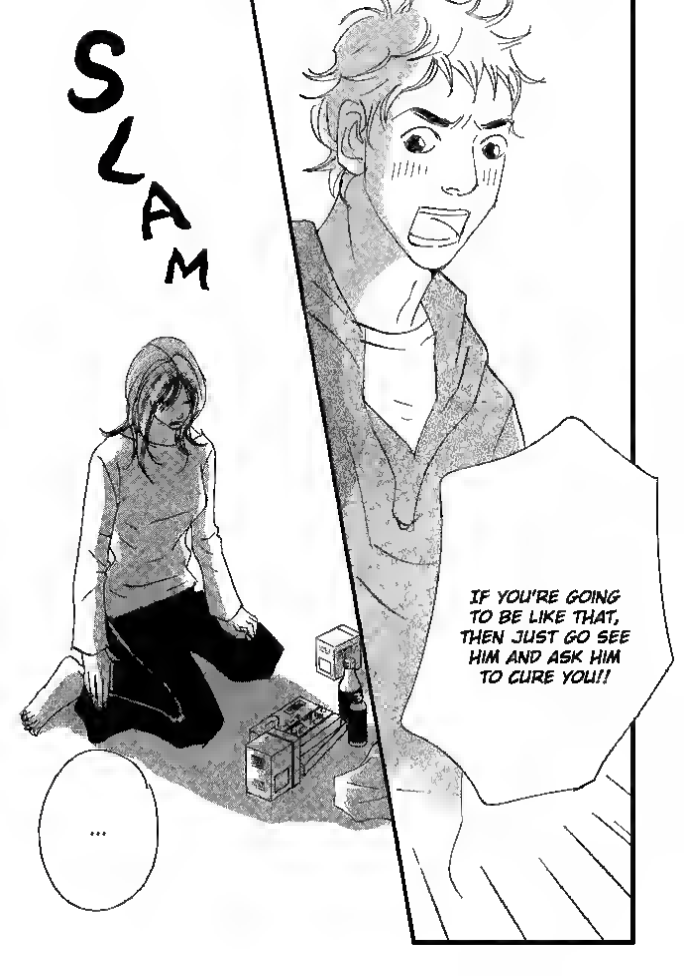
AAH... NOW I HAVE A COLD THANKS TO THE DAMN AIR CONDITIONER
IT'S ONLY MAY, AND EVERY DAY, IT'S AIR CONDITIONER HELL...
AAAH-CHOOO!

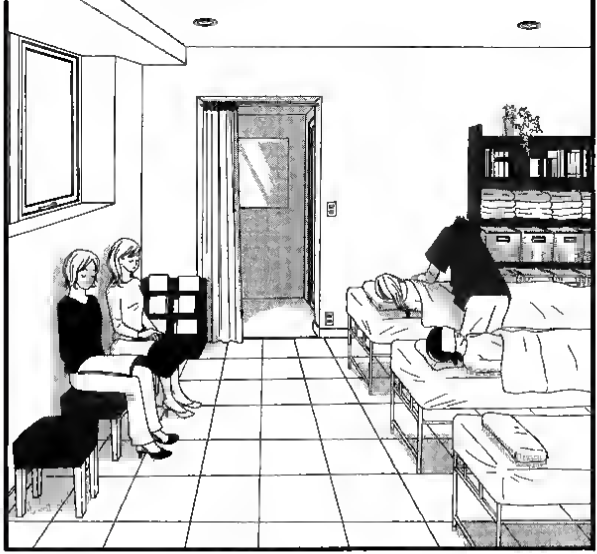
I FEEL STIFF, AND MY LEGS FEEL HEAVY.
AND MY SKIN IS DRY
NOW THAT I THINK ABOUT IT...
I WAS FINE WHEN I WAS AT THE DOCTOR'S PLACE
TODAY, I ABSOLUTELY HAVE TO TAKE A BATH AND WORK UP A SWEAT.

GOOD HEALTH IS SOMETHING YOU ONLY NOTICE WHEN IT BEGINS TO FADE...


TA-DAH!
B... BUT...
I DIDN'T REALLY KNOW, SO I BOUGHT LOTS OF THINGS...
AND A MEAT PLATTER TO GIVE YOU SOME ENERGY!!
BUT I THOUGHT YOU SHOULDN'T EAT TOO MUCH WHEN YOU'RE ILL...?
NO, YOU HAVE TO GET YOUR STRENGTH BACK IF YOU WANT TO FEEL BETTER

MY DEAR MIKU, CAN YOU STOP WHINING?
I BOUGHT ALL OF THIS BECAUSE I'M CONCERNED ABOUT YOUR HEALTH
AND HOW WILL YOU TAKE THESE MEDICINES IF YOU DON'T DRINK SOMETHING?
BUT I DON'T WANT TO TAKE THEM.
Ah!
BUT THE DOCTOR ALWAYS SAYS THAT IN CASES LIKE THIS, THE BEST THING TO DO IS TO GO TO BED WITHOUT EATING...
WHAT DID YOU JUST SAY?

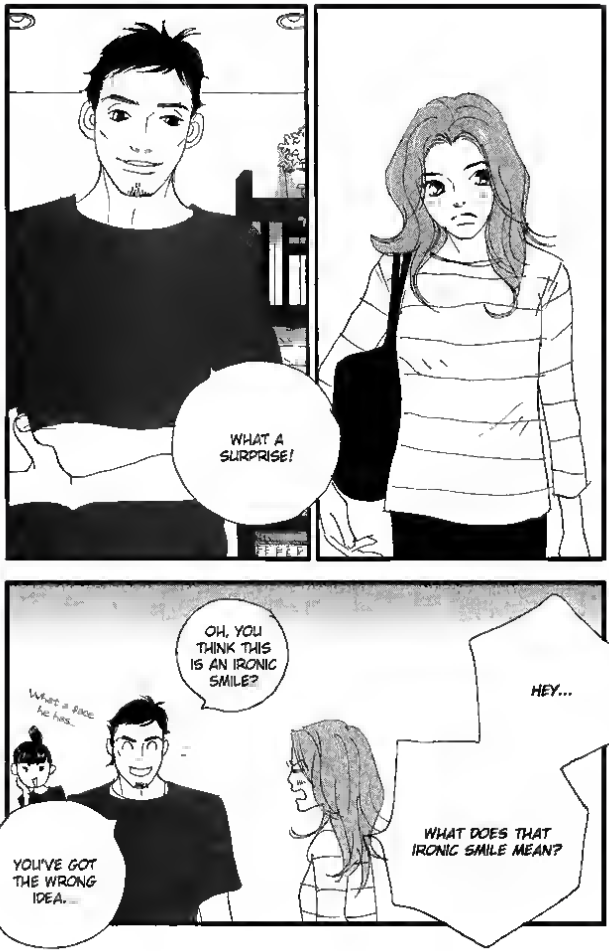

SLAM
IF YOU'RE GOING TO BE LIKE THAT, THEN JUST GO SEE HIM AND ASK HIM TO CURE YOU!!
...



YES.. AH!
MIKU!?
WAAH?
IT'S BEEN A WHILE

HELLO, "BODY AND SOUL"

HI, MIKU
WHAT'S THE MATTER?
I have a cold and I don't feel well at all...
I'm aching all over, all over...!
Doctor—!
OK.
COME ON BY, I'LL SEE YOU RIGHT AWAY

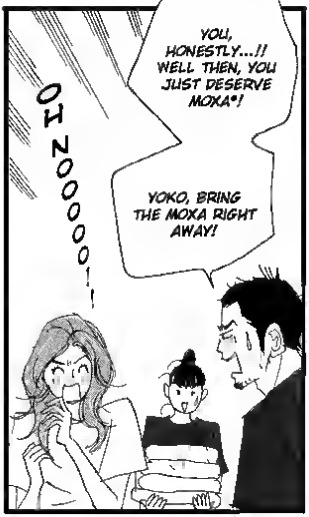

WHAT A SURPRISE!
OH, YOU THINK THIS IS AN IRONIC SMILE?
What a face he has...
YOU'VE GOT THE WRONG IDEA.
HEY...
WHAT DOES THAT IRONIC SMILE MEAN?

EVERYTHING IS FINE BETWEEN ME AND HIROKI
BEFORE YOU START, I WANT YOU TO KNOW...
THATS' WHAT YOU SAY
BUT YOUR BODY HAS CLOSED UP IN SUCH A SHORT TIME...
MAYBE EVERYTHING ISN'T FINE, AND HE ISN'T THE PERFECT LOVER?
Gulp.

WE HAVE TO GO BACK TO SQUARE ONE.
YOUR BODY WAS PUSHED TOO MUCH...

YOU SHOULD ALSO GO BACK TO SQUARE ONE WITH YOUR RELATIONSHIP WITH HIROKI.
...
DOCTOR...
DO YOU THINK HE AND I ARE TOO DIFFERENT?

WHY DO YOU ALWAYS GET INVOLVED WITH GUYS YOU DON'T KNOW?
IT WAS THE SAME WITH THE GUY WHO ENDED UP STALKING YOU.
SHOULD YOU BE ASKING ME THIS QUESTION?
WELL, YOU KNOW HIM BETTER THAN I DO, RIGHT?
WELL...
I WANT TO GET TO KNOW THEM BETTER, OF COURSE



BUT WHAT DETERMINES WHETHER WE GET ALONG WELL OR NOT?

WHAT DOES HE MEAN BY MY "BODY CLOSED UP"?

WHAT A SURPRISE. I WANTED TO KEEP MY DISTANCE, BUT I JUST HAD TO SEE HIM AGAIN TO FEEL RELAXED.

*MOXA - MUGWORT BRANCHES USED IN MOXIBUSTION A TYPE OF ACUPUNCTURE

SMM PRESENTS:

BODY AND SOUL

SCANS BY: TAMPOPO24

TRANSLATOR: TAMPOPO24

PR: JIN

EDITOR: KOSHKA

QC: MARIS

BY: ERICA SAKURAZAWA

VISIT US AT: HTTP://SHOUJOMANIAC.FREE.FR/FORUM/INDEX.PHP

RULES

1 Ask us for permission to host our projects

2 Don't change file names, etc

3 Don't remove the credits page from our releases and don't claim that it's yours

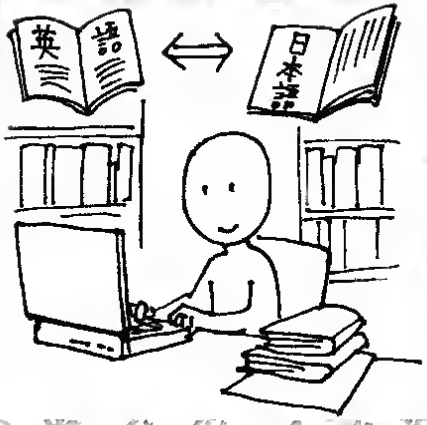
4 Don't host the files in online photo albums

5 All new releases have a 2 day waiting period before they can be released outside the forum If anyone is caught breaking this rule we will no longer release outside the forum

6 Please ask for permission to retranslate SMM scanlations You can contact the team members of the particular project you want to retranslate.

7 Please cease distribution once this project is licensed in english

TRANSLATORS NEEDED

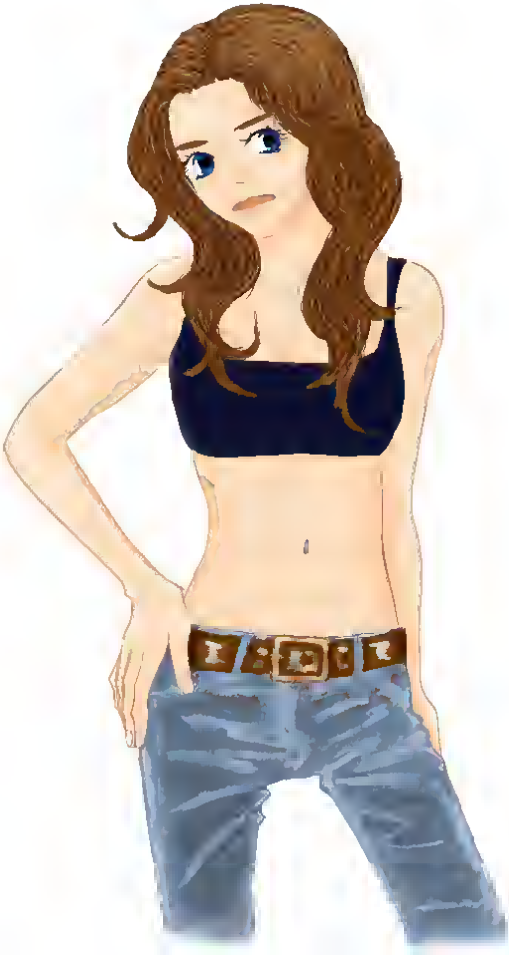


Chinese to English and Japanese to English Translators

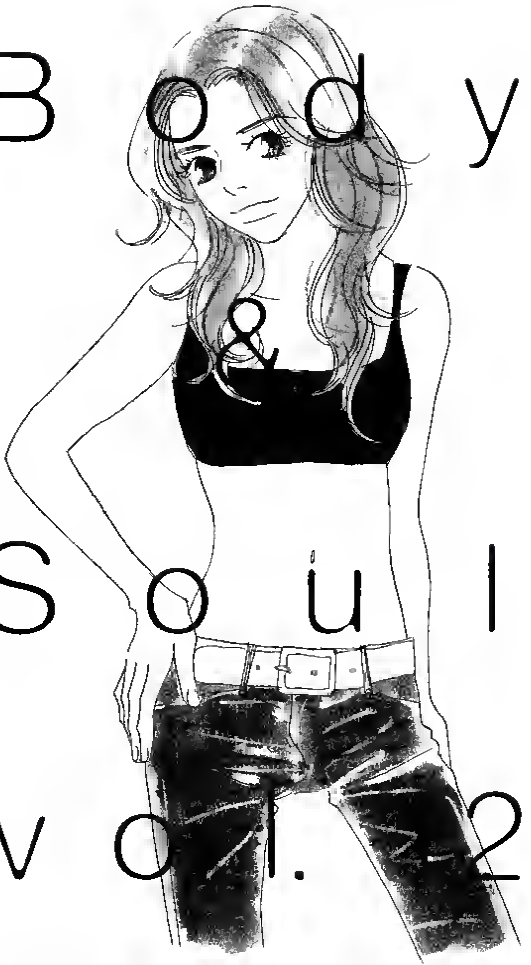
SHOUJO MANGA MANIAC NEEDS JAPANESE AND CHINESE TRANSLATORS! COME JOIN US!

http://shoujomaniac.free.fr/forum/

SMM Scanlations
Mature content warning.
The following project may contain scenes of nudity, or themes involving sex



Body & Soul vol.2



Dr. Taku's recipe for having a "longing body".

#12

"Let's learn how to be set free from an unhappy love life."

For a woman, a good relationship is one where she keeps the initiative. It's the same for an unhappy relationship. Surely everybody likes to take the initiative, but if we can let others take the initiative instead, we can gain in beauty. Every one of you, at least once in your life has noticed a girl become cheerful and frankly refreshing right after she had a breakup. That is because of the fact that their minds are already focused towards a new love and is inclined to center it's all to gain in beauty. The strain that is deep in their hearts indulges them in the despair born from the breakup. However, it also lets them go morally as well as physically. A woman is at her best when she's on the lookout. Free from all burdens, from all attachments, heart and body living without constraints, contributes to the charm coming from the person concerned. Know how to say: "This breakup is a good occasion for me to start fresh" and you'll soon find your future beloved.

I LIKE HIM A LOT, BUT WHEN I'M WITH HIM, I'VE MORE AND MORE DIFFICULTIES TO BEAR ON MY BODY

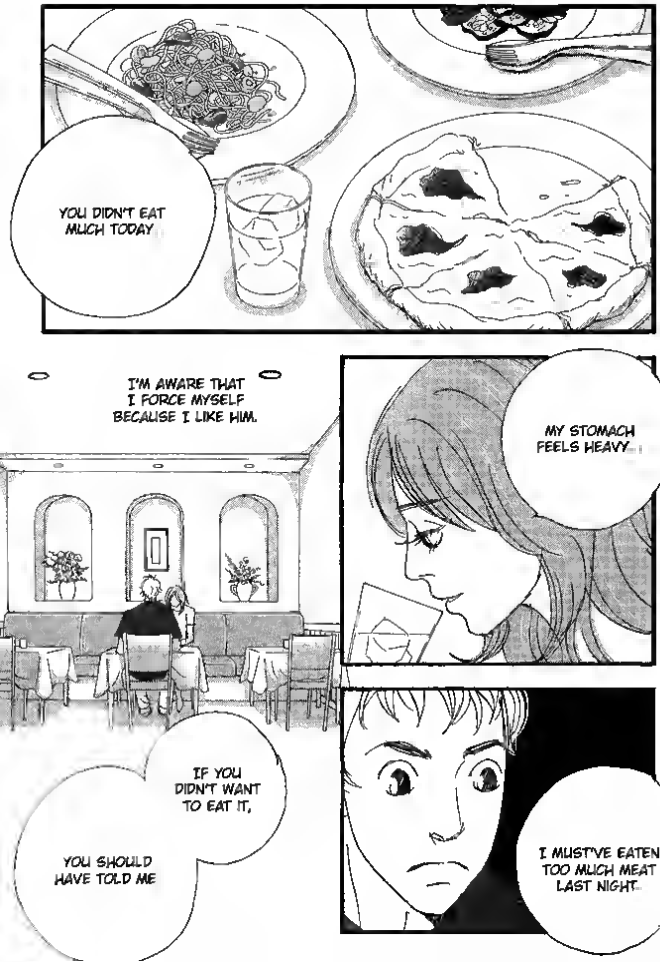
NO DOUBT, I STILL DON'T KNOW HOW TO LOVE

THE RAIN THAT STARTED TO POUR LAST NIGHT HASN'T STOPPED.

MY PRINCESS...

...!
HA!
WELL,
LET'S GET UP AND EAT.
TO BE HONEST, I DON'T LIKE HAVING SEX WHEN I'M WAKING UP...
I DON'T HAVE THE HEART FOR THAT

HEY, WHAT DO YOU THINK?
I'D LIKE TO EAT PIZZA!
AND YOU?
ME...?
YEAH, LET'S GO.
I SAY THAT BUT I DON'T PUSH HIM AWAY. IT'S PROOF THAT I LIKE HIM
PIZZA
PASTA

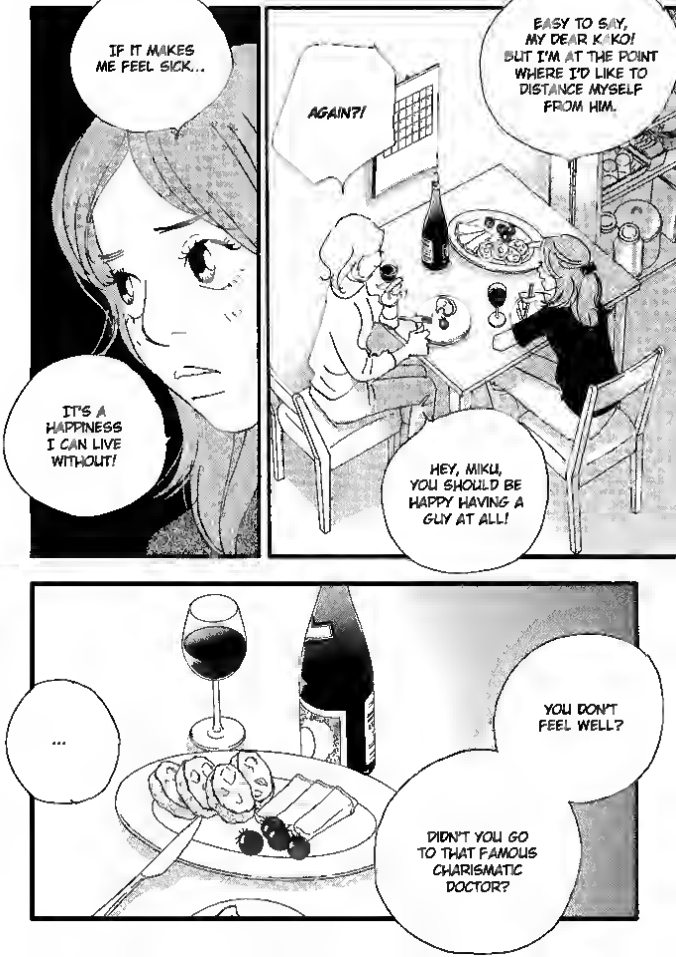

YOU DIDN'T EAT MUCH TODAY.
I'M AWARE THAT I FORCE MYSELF BECAUSE I LIKE HIM.
MY STOMACH FEELS HEAVY.
IF YOU DIDN'T WANT TO EAT IT,
YOU SHOULD HAVE TOLD ME
I MUST'VE EATEN TOO MUCH MEAT LAST NIGHT.

AS SOON AS HE FINDS SOMETHING HE DOESN'T LIKE, HE BECOMES ANGRY.

WHEN I LEARNED THAT, I GOT INTO A BAD HABIT OF ALWAYS AGREEING WITH HIM.

BUT...? BUT THEN...

I LOVE HIM, SO I JUST AGREE...
WHAT A SURPRISE! YOUR GUY IS AN ANGEL!
THERE ISN'T THE SLIGHTEST BIT OF NASTINESS IN HIM


IF IT MAKES ME FEEL SICK...
IT'S A HAPPINESS I CAN LIVE WITHOUT!
AGAIN?!
EASY TO SAY, MY DEAR KAKO! BUT I'M AT THE POINT WHERE I'D LIKE TO DISTANCE MYSELF FROM HIM.
HEY, MIKU, YOU SHOULD BE HAPPY HAVING A GUY AT ALL!
...
YOU DON'T FEEL WELL?
DIDN'T YOU GO TO THAT FAMOUS CHARISMATIC DOCTOR?

OH??
I DIDN'T FEEL LIKE IT.
HIROKI IS ANGRY WITH ME FOR HANGING ON TO RINTARO.
THE BODY IS SOMETHING THAT WE HAVE TO CONTROL OURSELVES.
TO BE HONEST, I'VE HAD ENOUGH AS WELL.
I, WHO KEEP THE APARTMENT KEY AS A LUCKY CHARM...

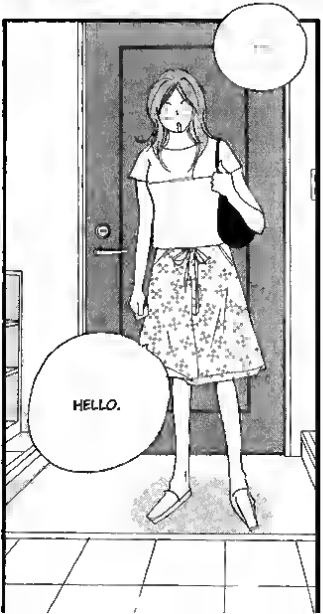
SOMEONE WHO LEFT THE COMPANY ABOUT SIX MONTHS BEFORE YOU.
BY THE WAY, MIKU...
DO YOU REMEMBER WADA?
AH, I REMEMBER! THE GUY WHO WAS STOLEN BY A COMPETITOR, RIGHT?
WADA? WHO'S THAT??
OOOH, THAT'S GREAT!
AND I'VE HEARD THAT HE IS SEARCHING FOR PEOPLE TO GO WITH HIM.
EXACTLY!
WELL, THIS WADA WILL START A BUSINESS OVERSEAS

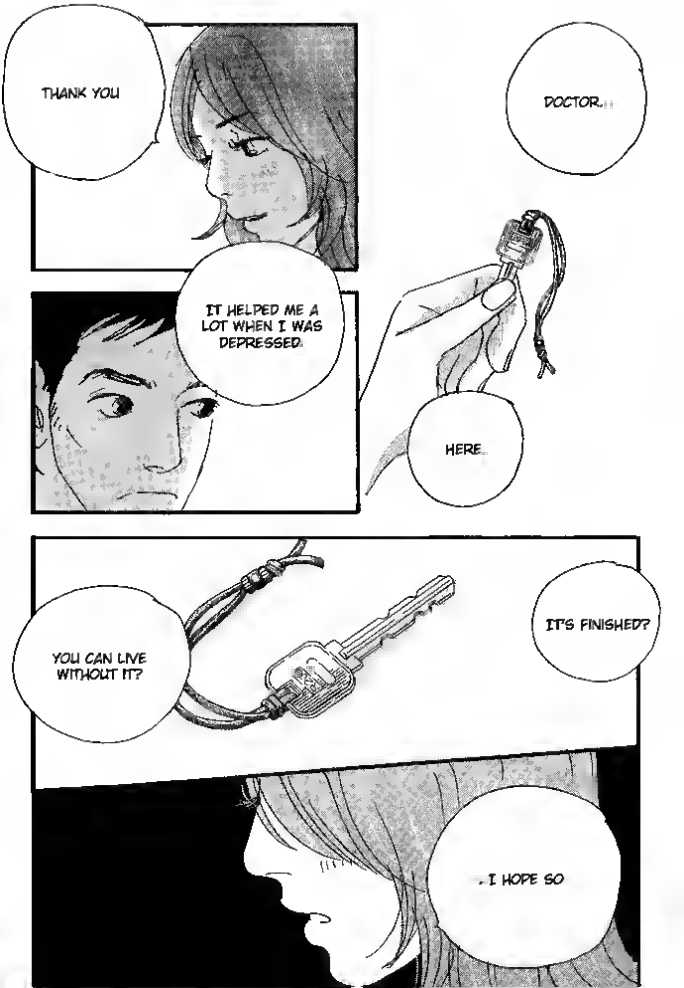
HUH?! ME?!
AND THEN..
HE TOLD ME HE'D LIKE TO SEE YOU TO TALK ABOUT THAT.
YOUR WORK GAVE HIM A GREAT IMPRESSION.
WHAAT?!
SO I GAVE HIM YOUR PHONE NUMBER. IT'S OKAY, RIGHT?
OH, YOU'RE SASSY! YOU'RE DECIDING FOR OTHERS NOW?
HA HA HA HA
WHAT'S THE PROBLEM? IT'LL BE INTERESTING!

MAYBE SHE'S RIGHT..
BUT SEEING HOW I FEEL NOW, I GUESS IT'S IMPOSSIBLE.
"YOU CAN'T SPONGE OFF HIM ALL YOUR LIFE."
"IF YOU QUIT, TAKE THE CHANCE AND GO WORK OVERSEAS."

OH! WHAT HAPPENED TO YOU, MIKU!? FEELING NOSTALGIC?

Ha ha ha
THAT'S GREAT.
Well well
..YES, A BIT.

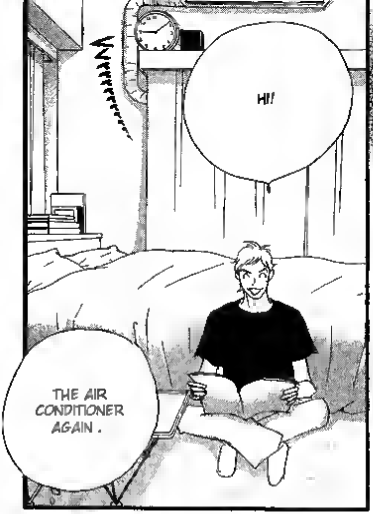

HELLO.


THANK YOU
DOCTOR...
IT HELPED ME A LOT WHEN I WAS DEPRESSED.
HERE.
YOU CAN LIVE WITHOUT IT?
IT'S FINISHED?
I HOPE SO

I DISGUST MYSELF WHEN I ACT LIKE A LITTLE GIRL WITH YOU!
...
UNDERSTOOD.

I'LL JUST SAY ONE THING...
WHEN THE TENSION IS TOO HEAVY, YOU HAVE TO DO ONE THING: SWEAT.
EXCUSE ME??
SWEATING WITHOUT THINKING RELAXES THE BODY AND SOUL...
UNDERSTOOD... I'LL TRY IT.
AND OFFERS A WAY OUT.
THANK YOU, DOCTOR RINTARO.

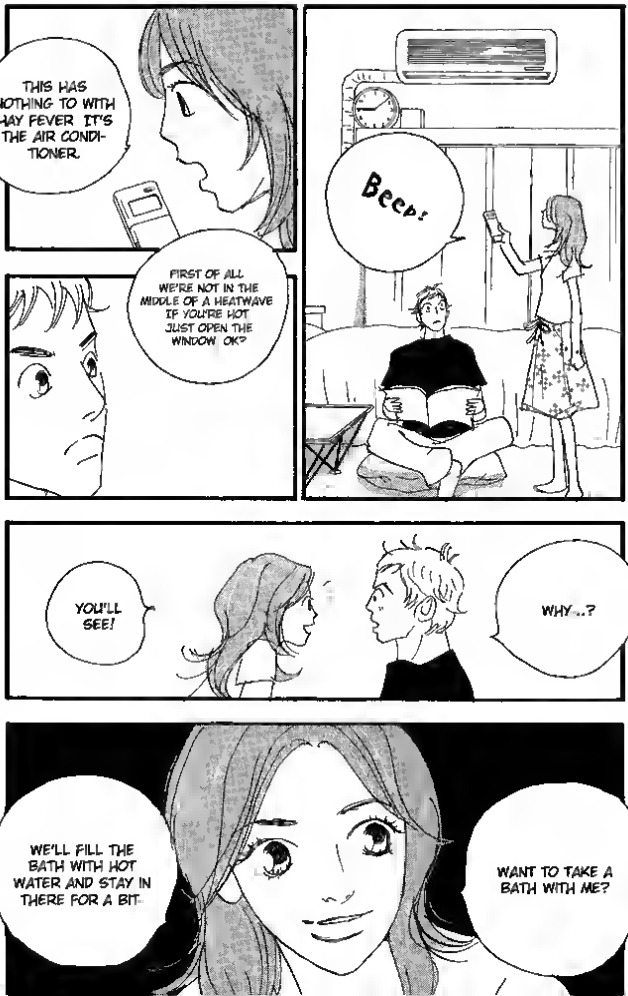
I'LL TREASURE
EVERYTHING THAT
YOU'VE TAUGHT ME

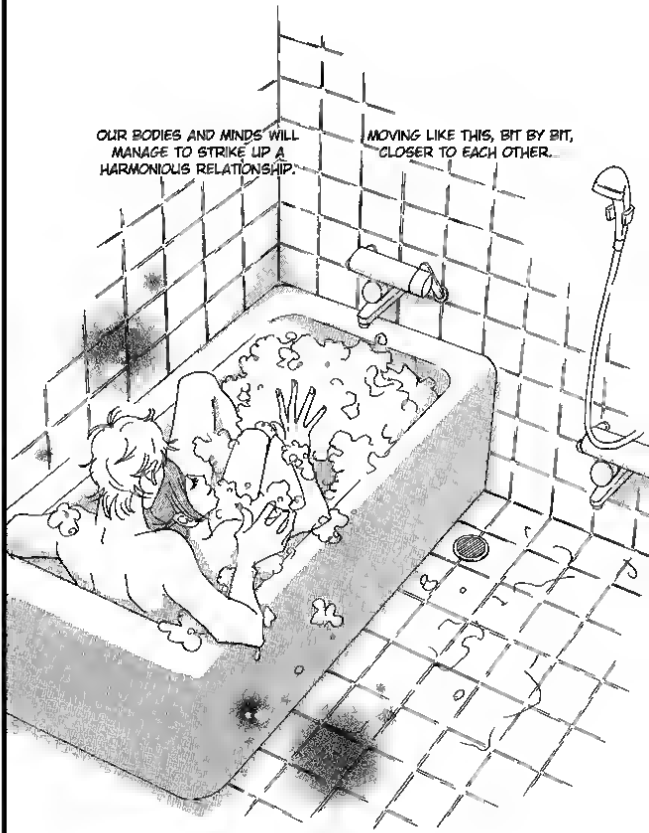


IT'S UP TO ME TO NOT LET IT GET TO WASTE..

I'M HOME!

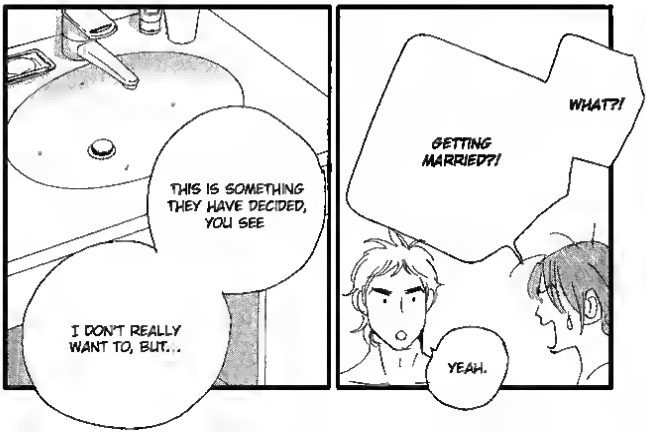
IT'D BE REALLY EASY TO END THINGS HERE, BUT WHAT WOULD I GAIN FROM IT?


THIS HAS NOTHING TO WITH HAY FEVER IT'S THE AIR CONDI-TIONER.
FIRST OF ALL WE'RE NOT IN THE MIDDLE OF A HEATWAVE IF YOU'RE HOT JUST OPEN THE WINDOW. OK?
Beep!
YOU'LL SEE!
WHY...?
WE'LL FILL THE BATH WITH HOT WATER AND STAY IN THERE FOR A BIT.
WANT TO TAKE A BATH WITH ME?


OUR BODIES AND MINDS WILL MANAGE TO STRIKE UP A HARMONIOUS RELATIONSHIP.
MOVING LIKE THIS, BIT BY BIT, CLOSER TO EACH OTHER.

I'M HAVING LUNCH WITH MY PARENTS. IT'S BEEN A WHILE.
YEAH.
I SEE YOU GET ALONG WELL WITH THEM
I'M SURE OF THAT...
BY THE WAY, MIKU-CHAN ..
NEXT SUNDAY...
NO, IT'S NOT REALLY THAT...
THEY WANT ME TO OFFICIALLY MEET HER PARENTS.

WHOSE PARENTS?
WHAT, I DIDN'T TELL YOU?
I'LL BE GETTING MARRIED IN TWO YEARS


WHAT?!
GETTING MARRIED?!
YEAH.
THIS IS SOMETHING THEY HAVE DECIDED, YOU SEE
I DON'T REALLY WANT TO, BUT...

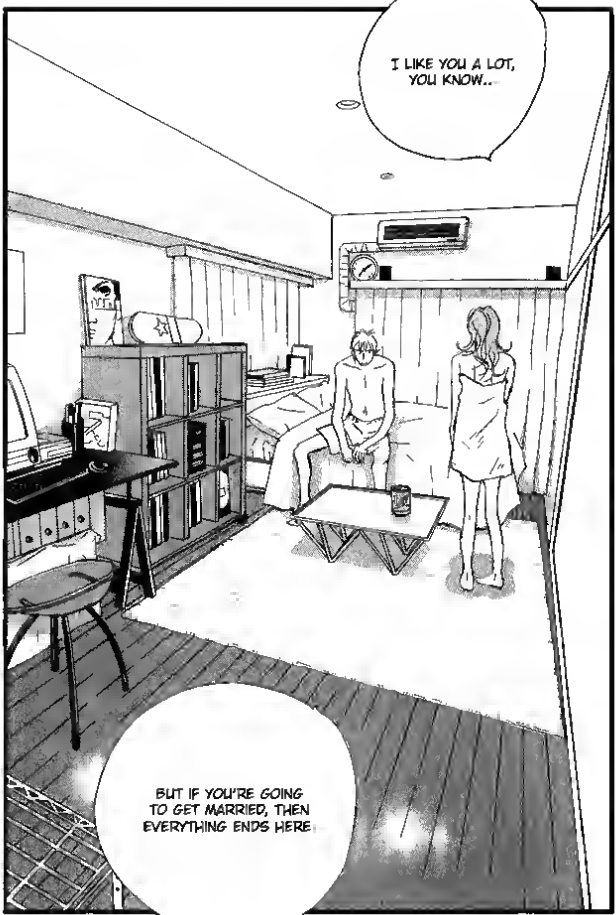
I DON'T UNDERSTAND WHAT HE MEANS.
REALLY. I DON'T WANT IT!
CAN YOU EXPLAIN IT TO [redacted]?
SIMPLY NOT WANTING TO DO IT DOESN'T JUSTIFY ANYTHING, DOES IT?
THEN... WHERE AM I IN ALL THIS?
IF THEY DIDN'T BRING THIS STORY UP AGAIN, I'D BE HAPPILY SINGLE ALL MY LIFE
THE PRINCESS, HUH? DOESN'T SHE ALWAYS MEET HER PRINCE CHARMING?
MY BELOVED PRINCESS, YOU KNOW...

BUT WE MET, BOTH OF US!
IT'S NOT THAT...
NO.
I DON'T AGREE WITH THIS AT ALL.
PEOPLE ONLY GET MARRIED TO START FAMILIES, RIGHT?
WE DON'T DO THAT WITH SOMEONE WE LOVE.
WHAT? YOU'RE TALKING ABOUT MARRIAGE?
IT'S NOT MY THING!

IF IT'S LIKE THAT, NO COMPROMISE COULD EVER MAKE ME HAPPY

WELL, I..

I WOULDN'T SLEEP WITH SOMEONE I DIDN'T LIKE


I LIKE YOU A LOT, YOU KNOW...
BUT IF YOU'RE GOING TO GET MARRIED, THEN EVERYTHING ENDS HERE.

DOCTOR...

EHEH. I WAS WAITING FOR YOU...
WHAT'S THE PROBLEM?
I JUST BROKE UP WITH HIROKI.
I WANTED TO TELL YOU...
DO WANT ME TO BUY YOU A DRINK TO FORGET IT?
I'D PREFER TO CELEBRATE IT!

PFFFT!
WHAT?!
HEY! I'M THE ONE WHO BROKE UP WITH HIM!
I SERIOUSLY THOUGHT ABOUT OUR RESPECTIVE FUTURES AND I CAME TO THE CONCLUSION THAT IT WAS BETTER TO BREAK UP WITH HIM.
SOMEONE JUST BROKE UP WITH YOU, YET YOUR MORALE REMAINS UNAFFECTED.
IN SHORT, HE TOLD YOU HE WAS ENGAGED?
WHAT?!
YOU KNEW?!
OBVIOUSLY. WE'VE BEEN FRIENDS FOR A LONG TIME.

YOU...! YOU KNEW EVERYTHING AND YOU TOLD ME NOTHING!
Y...!
...IT WOULD HAVE BEEN USELESS, HAD I TOLD YOU.
I KNOW YOU. YOU WOULD'VE DONE ANY-THING YOU COULD TO BEAT YOUR RIVAL.
OH, HEY! IMAGINE IF YOU'D GONE OUT WITH HIM KNOWING THAT!
...!

I'M HAPPY, THOUGH...
IN FACT, IT'S TRUE. I'VE BROKEN UP WITH ALL MY BOYFRIENDS IN A LOT OF WAYS...
BUT I DON'T THINK I'VE EVER FELT AS LIGHT AS I FEEL NOW THAT I'VE BROKEN UP WITH HIM.
MAYBE IT'S BECAUSE OF YOUR UNHAPPY LOVE, BUT I FIND YOU FRESH, YOUR FACE JUST LIKE YOUR BODY.

OH?

DON'T WE SEEM LIKE TWO OLD FRIENDS DRINKING TOGETHER...?

SMM PRESENTS:

BODY AND SOUL

SCANS BY: TAMPOPO24

TRANSLATOR: TAMPOPO24

PR: JIN

EDITOR: KOSHKA

QC: ETCETERA

BY: ERICA SAKURAZAWA

VISIT US AT: HTTP://SHOUJOMANIAC.FREE.FR/FORUM/INDEX.PHP

RULES

1 Ask us for permission to host our projects

2 Don't change file names, etc

3 Don't remove the credits page from our releases and don't claim that it's yours

4 Don't host the files in online photo albums

5 All new releases have a 2 day waiting period before they can be released outside the forum. If anyone is caught breaking this rule we will no longer release outside the forum

6 Please ask for permission to retranslate SMM scanlations. You can contact the team members of the particular project you want to retranslate.

7 Please cease distribution once this project is licensed in english

SMM

TRANSLATORS NEEDED

Chinese to English and Japanese to English Translators

SHOUJO MANGA MANIAC NEEDS JAPANESE AND CHINESE TRANSLATORS! COME JOIN US!

http://shoujomaniac.free.fr/forum/

SMM Scanlations
Mature content warning.
The following project may contain scenes of nudity, or themes involving sex

Body Soul vol.13

Dr. Taku's racipa for having a "longing body".

#13

"LET'S HELP OUR COCCYX STAND UP."

Sometimes, what makes a man attractive is his wisdom. And by "wisdom" I mean "knowledge gained through experience." Our wisdom and the evolution of our intelligence about our bodies give us more depth as human beings. We understand the importance of our family, and there are more occasions to take a step forward – at a professional level as well as at a personal level. We have to realize the moment that our "tail" stands up (here, meaning the coccyx) that human "attractiveness" is supported by the set composed of the skull, spinal chord, sacrum, and coccyx. This set is covered by cerabrospinal liquid (sexual energy), the normal circulation of which nurtures "attractiveness". The coccyx "standing up" is proof that this "sexual energy" function is at full blast. A happy heart and body contribute to a woman's charm and even to all humans in general. Thanks to her meeting with the doctor, Rintaro, Miku also became another woman. By learning how to sweat and making her body go into "corporal mode," she made her coccyx "stand up". Imitate her, and you too will have a pleasant life and satisfied days.*

*WE ARE SIMPLY TRANSLATING WHAT THE MANGAKA HAS WRITTEN. THIS DOES NOT MEAN THAT WE AGREE WITH HER VIEWPOINTS OR SUGGESTIONS.

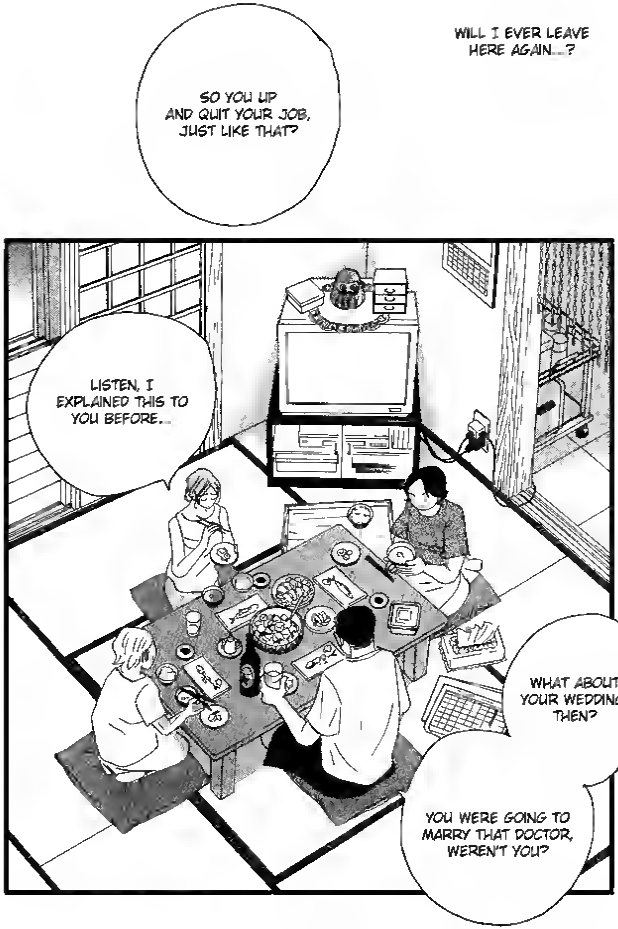
THE LONG, RAINY SEASON HAS FINALLY ENDED, AND EVERYONE IN TOWN SEEMS TO BE WALKING AROUND WITH SPRING IN THEIR STEP.
AND I, WHO NOW NOTICES SUCH THINGS FINDS MYSELF WITH NO JOB, BOYFRIEND, OR PLACE TO LIVE!

SOMETIMES I ASK MYSELF—

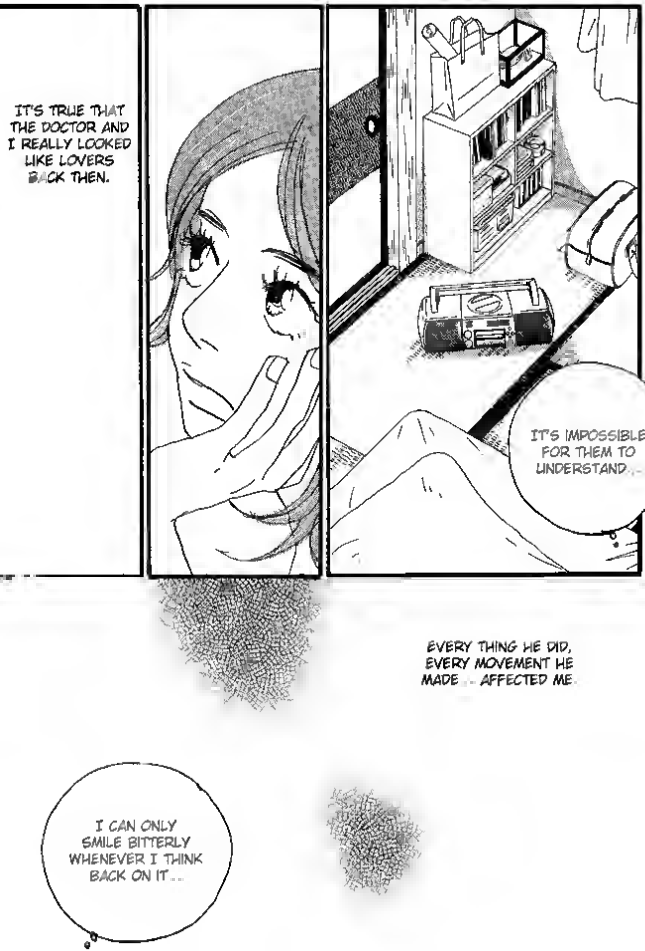
DOESN'T THIS SEEM LIKE A NEVER-ENDING VACATION?

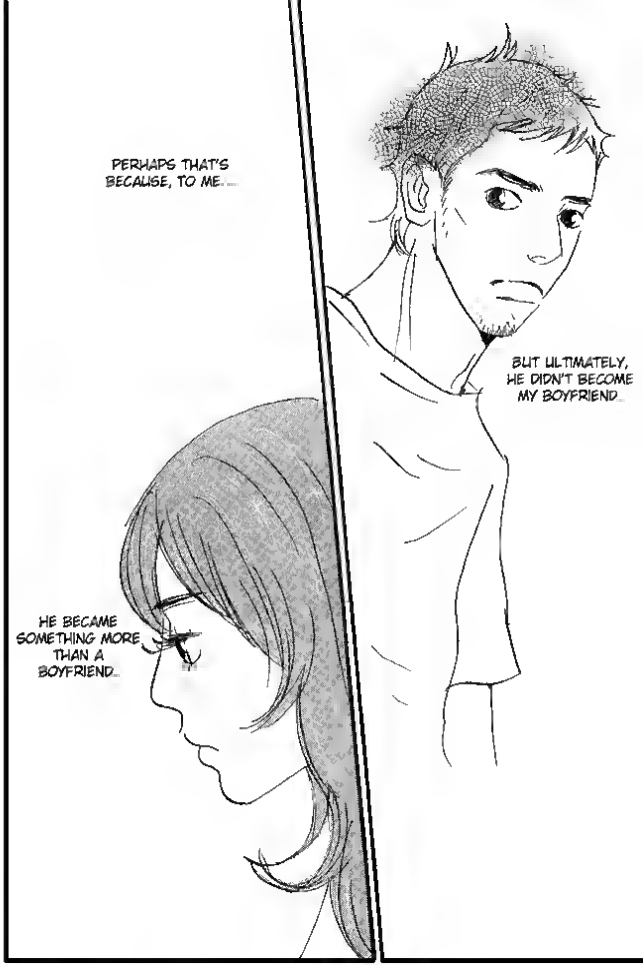
OBLIGATED, I SEEK REFUGE WITH MY PARENTS

AAH...!


WILL I EVER LEAVE HERE AGAIN...?
SO YOU UP AND QUIT YOUR JOB, JUST LIKE THAT?
LISTEN, I EXPLAINED THIS TO YOU BEFORE...
WHAT ABOUT YOUR WEDDING, THEN?
YOU WERE GOING TO MARRY THAT DOCTOR, WEREN'T YOU?

HOW MANY TIMES DO I NEED TO REPEAT MYSELF?!
THERE'S NEVER BEEN ANYTHING BETWEEN DOCTOR RINTARO AND ME!!
I'LL TELL YOU WHY, DAD...
HE WANTS HER TO STAY AT HOME ONCE THEY'RE MARRIED...
YOU TOO, MUM, DON'T SPEAK NONSENSE, ALRIGHT?!
WE UNDERSTAND THAT YOU'RE HESITATING. IT'S NORMAL BEFORE GETTING MARRIED
IF THAT WERE TRUE HE WOULDN'T HAVE EATEN HERE OR SUNG KARAOKE WITH US AND HE CERTAINLY WOULDN'T HAVE SPENT THE NIGHT HERE
THEN, WHY DID YOU BRING HIM HERE FOR NEW YEAR'S...?
...


IT'S TRUE THAT THE DOCTOR AND I REALLY LOOKED LIKE LOVERS BACK THEN.
IT'S IMPOSSIBLE FOR THEM TO UNDERSTAND...
EVERY THING HE DID, EVERY MOVEMENT HE MADE... AFFECTED ME.
I CAN ONLY SMILE BITTERLY WHENEVER I THINK BACK ON IT...


PERHAPS THAT'S BECAUSE, TO ME...
BUT ULTIMATELY, HE DIDN'T BECOME MY BOYFRIEND...
HE BECAME SOMETHING MORE THAN A BOYFRIEND...

BUT I DON'T KNOW THAT NUMBER.
Ring Ring Ring
COULD IT BE THE DOCTOR?
HELLO, TAJIMA SPEAKING.
MISTER WADA!
HELLO? MY NAME IS WADA— WE USED TO WORK FOR THE SAME COMPANY
THAT'S RIGHT SO LET ME GET STRAIGHT TO THE POINT—
KAKO TOLD ME ABOUT YOU SHE TOLD ME YOU WANTED TO START YOUR OWN COMPANY—

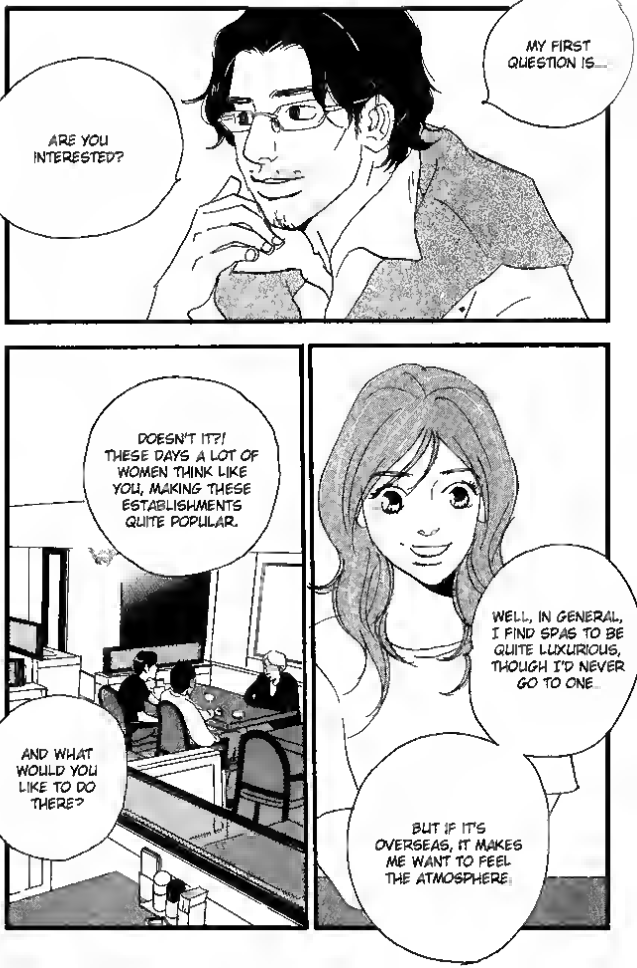
I'D LIKE YOU TO WORK FOR ME.
I'D BE HAPPY IF I COULD HELP YOU! AND I JUST HAPPEN TO BE BETWEEN JOBS RIGHT NOW!
THEN, I'D LIKE TO MEET UP WITH YOU AS SOON AS POSSIBLE
IS IT A BIT LATE TO SEE YOU NOW?
THE PROBLEM ISN'T REALLY TIME IT'S MORE OF.....
WELL, THE FACT IS, I'M STAYING AT MY PARENT'S HOUSE.
YOUR PARENT'S LIVE IN KOFU, DON'T THEY?
IF I TAKE THE EXPRESS ROAD, I CAN BE THERE IN AN HOUR AND A HALF.
WELL... OK!

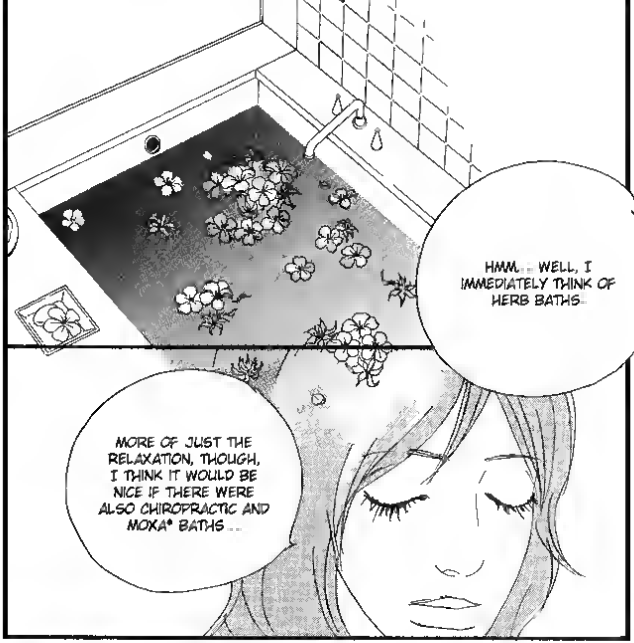
THEN IT'S DECIDED!
SEE YOU LATER!!

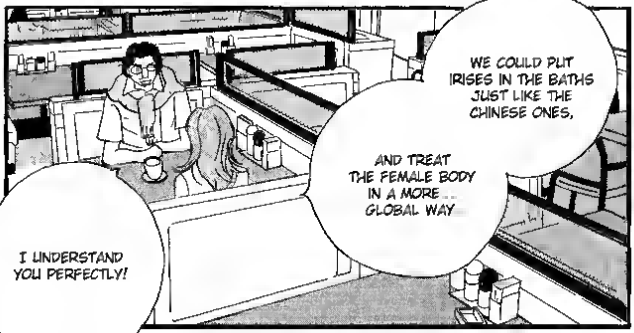
I HAVE TO SPEAK WITH A FORMER COWORKER ABOUT A JOB.
MUM, I'M GOING OUT FOR A BIT.
YOU'RE GOING OUT? WHERE TO?

TIME FLIES... HOW ARE YOU?
I'M FINE, THANKS. AND YOU SEEM TO BE DOING WELL.
AH! MISS TAJIMA?

SHALL WE GO SOMEWHERE NICE AND GRAB A DRINK?
SORRY FOR THIS IMPROMPTU MEETING...
SO THIS IS WHAT WADA WAS LIKE?
BY PRINCIPLE, I HAVE TO PUT IDEAS INTO PRACTICE AS SOON AS I THINK OF THEM.
HE SEEMS CHEERFUL, ACTIVE, AND KIND OF ATTRACTIVE...
AT THE OFFICE, I DIDN'T REALLY GET THE CHANCE TO SPEND ANY TIME WITH HIM...
I'M OPENING A SPA THIS AUTUMN OFF A SEASIDE STATION IN THAILAND.
AND I'M RECRUITING PEOPLE TO WORK THERE...

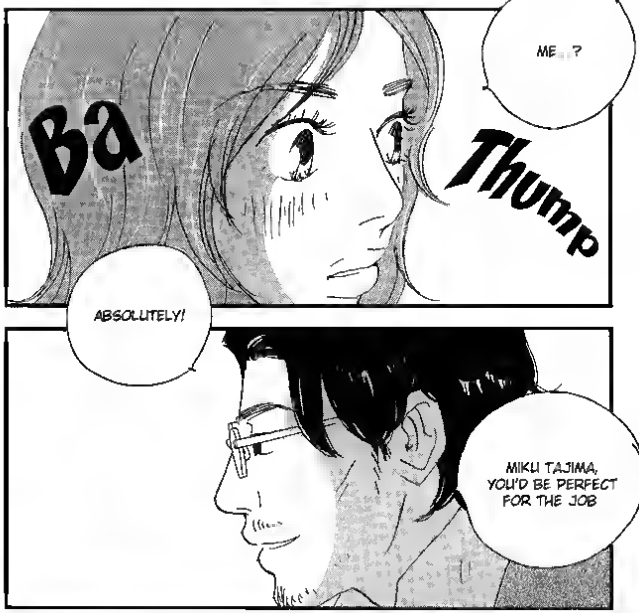

MY FIRST QUESTION IS...
ARE YOU INTERESTED?
WELL, IN GENERAL, I FIND SPAS TO BE QUITE LUXURIOUS, THOUGH I'D NEVER GO TO ONE.
BUT IF IT'S OVERSEAS, IT MAKES ME WANT TO FEEL THE ATMOSPHERE.
DOESN'T IT?! THESE DAYS A LOT OF WOMEN THINK LIKE YOU, MAKING THESE ESTABLISHMENTS QUITE POPULAR.
AND WHAT WOULD YOU LIKE TO DO THERE?


HMM... WELL, I IMMEDIATELY THINK OF HERB BATHS...
MORE OF JUST THE RELAXATION, THOUGH, I THINK IT WOULD BE NICE IF THERE WERE ALSO CHIROPRACTIC AND MOXA* BATHS...

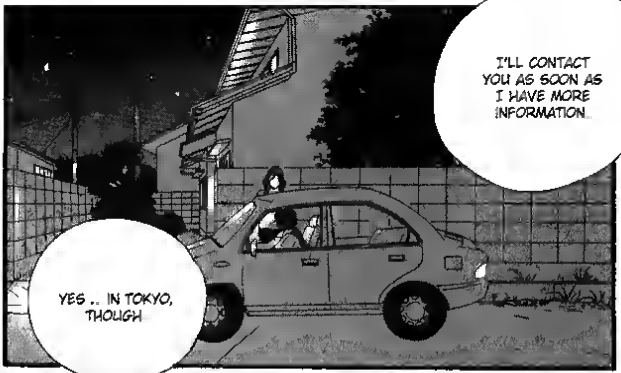

WE COULD PUT IRISES IN THE BATHS JUST LIKE THE CHINESE ONES,
AND TREAT THE FEMALE BODY IN A MORE... GLOBAL WAY...
I UNDERSTAND YOU PERFECTLY!

*MOXA = MUGWORT BRANCHES USED IN MOXIBUSTION, A TYPE OF ACUPUNCTURE

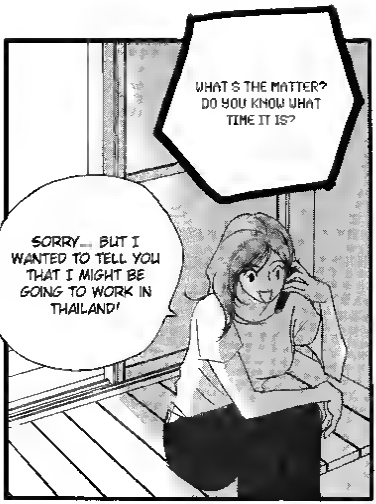
I'VE HEARD THAT YOU LEARNED CHIROPRACTICS.
N... NOT REALLY! I WAS JUST THE ASSISTANT OF A PRACTITIONER...
BUT THAT'S THE BEST WAY TO LEARN IT!
WOULD YOU LIKE TO WORK WITH ME?
YOU THINK I COULD...?
OF COURSE! YOU'RE PERFECT FOR THE JOB


Ba
Thump
ME...?
ABSOLUTELY!
MIKU TAJIMA, YOU'D BE PERFECT FOR THE JOB

GREAT!
HE'S SAYING THAT I'M NEEDED!
THANK YOU SO MUCH FOR YOUR VISIT...
ESPECIALLY FOR COMING OUT TO THIS LOST PLACE!


I'LL CONTACT YOU AS SOON AS I HAVE MORE INFORMATION.
YES .. IN TOKYO, THOUGH

GREAT NEWS!
WELL, I HAVE TO TELL SOMEONE!



AH...

HELLO?

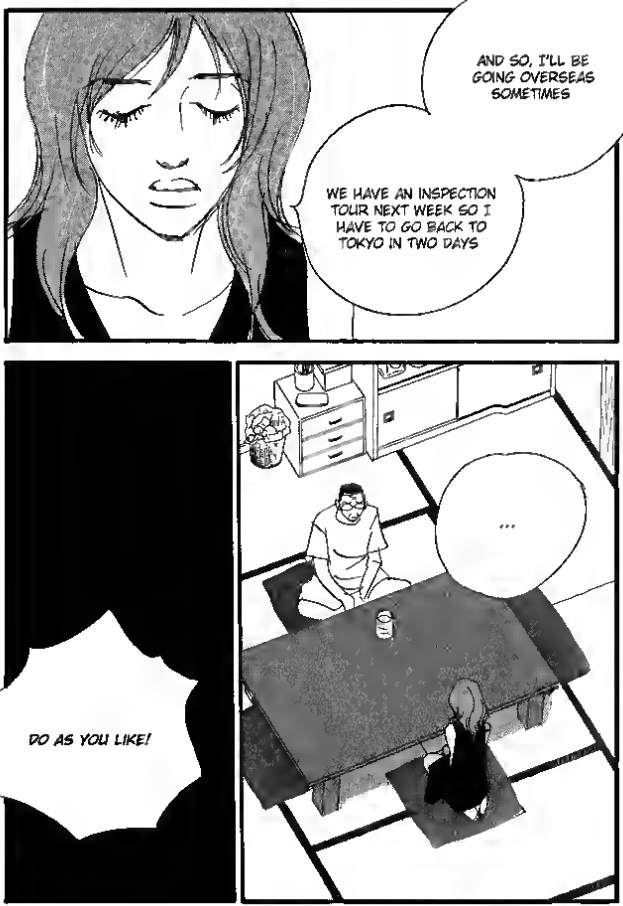
DOCTOR, YOU'RE STILL AWAKE?

IT SEEMS THAT...

WHENEVER SOMETHING GOOD HAPPENS TO ME, THE FIRST PERSON I WANT TO TELL IS DOCTOR RINTARO?!

*A SOUR AND SPICY PRAWN SOUP FOR MORE INFO: HTTP://WWW.THAIWAYSMAGAZINE.COM/THAI?ARTICLE/2008?TOM?YAM?KUNG/TOM?YAM?KUNG.HTML

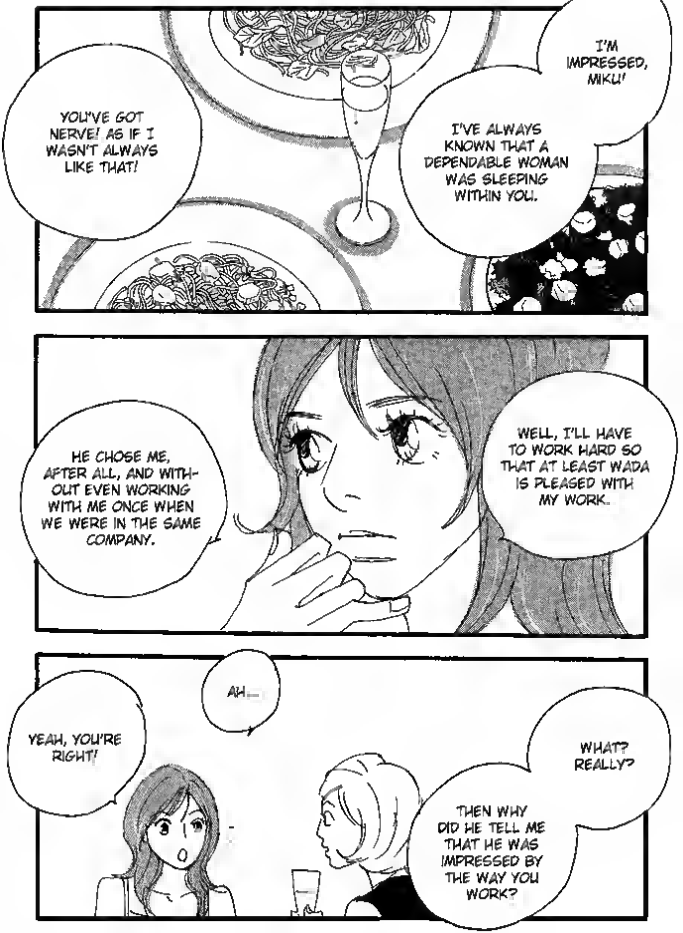
LIFE MADE IT SO THAT I HAD TO DISTANCE MYSELF.
BUT I ALWAYS FEEL NEAR HIM, LIKE NOW.
HE REALLY IS SOMEONE "SPECIAL" TO ME.


AND SO, I'LL BE GOING OVERSEAS SOMETIMES
WE HAVE AN INSPECTION TOUR NEXT WEEK SO I HAVE TO GO BACK TO TOKYO IN TWO DAYS
...
DO AS YOU LIKE!

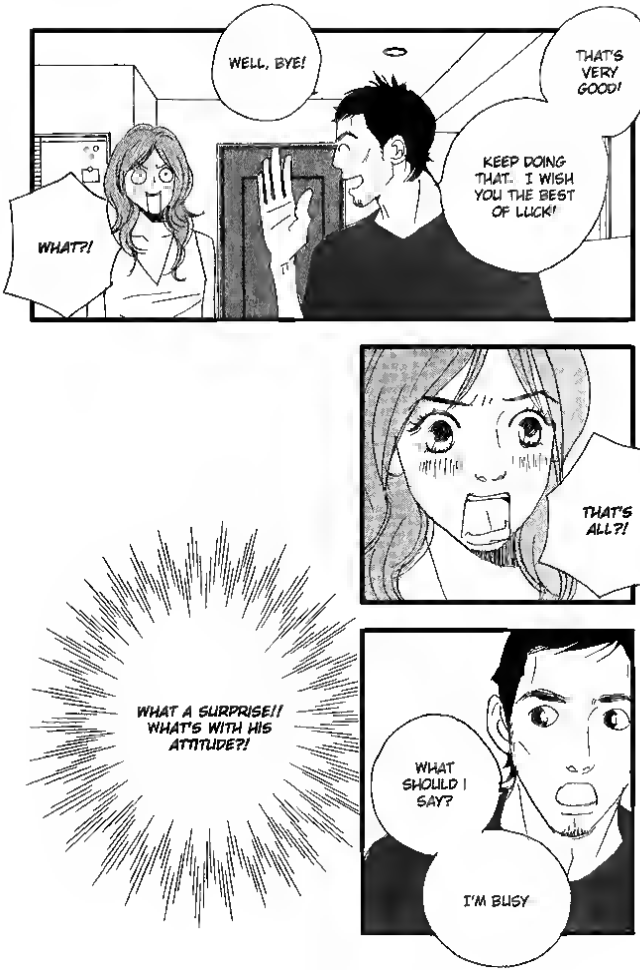
YOU'VE ALWAYS DONE WHAT YOU'VE WANTED.
WITH YOU, IT'S USELESS TO TRY TO MAKE YOU CHANGE YOUR OPINION, RIGHT?
OBVIOUSLY, MY DEAR DAUGHTER, YOU'LL NEVER CHANGE.
I'LL SPEAK TO DAD FOR YOU, DON'T WORRY.
YOU AGREE, MUM?!

WHETHER I AGREE OR NOT WON'T CHANGE YOUR DECISION.
SO, IT'S ALL UP TO YOU BUT YOU HAVE TO KNOW THAT I SUPPORT YOU.
THANKS...
BUT TO BE HONEST...
I HOPE THAT YOU GET MARRIED AS SOON AS POSSIBLE AND THAT YOU'RE HAPPY.
WITH DOCTOR RINTARO... ♡
YOU'RE TALKING ABOUT THAT AGAIN?!

WHAT?! YOU'RE GOING TO BANGKOK NEXT WEEK?!
WHY SO URGENT?!
IT'S JUST FOR EIGHT DAYS, REALLY.
I WANT TO SEE WHAT THE SITUATION IS LIKE THERE. THERE'S ALSO THE QUESTION OF WHERE I'LL BE SLEEPING.
AND I HAVE TO RECRUIT GIRLS THERE AND INTERVIEW THEM.
HMM...


I'M IMPRESSED, MIKU!
I'VE ALWAYS KNOWN THAT A DEPENDABLE WOMAN WAS SLEEPING WITHIN YOU.
YOU'VE GOT NERVE! AS IF I WASN'T ALWAYS LIKE THAT!
WELL, I'LL HAVE TO WORK HARD SO THAT AT LEAST WADA IS PLEASED WITH MY WORK.
HE CHOSE ME, AFTER ALL, AND WITHOUT EVEN WORKING WITH ME ONCE WHEN WE WERE IN THE SAME COMPANY.
AH...
YEAH, YOU'RE RIGHT!
WHAT? REALLY?
THEN WHY DID HE TELL ME THAT HE WAS IMPRESSED BY THE WAY YOU WORK?

HMM... I SEE, I SEE...
SEE WHAT?
OH... MIKU.
IT'S NICE OF YOU TO PAY ME A VISIT!
THE HIP IS FIRM, THE BODY IS FINE.
IT'S BECAUSE I REGULARLY TAKE BATHS TO SWEAT.

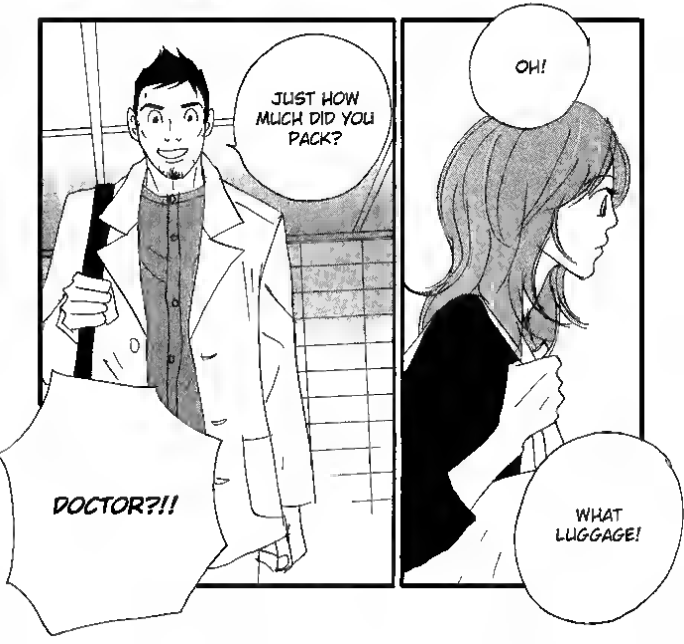

WELL, BYE!
THAT'S VERY GOOD!
KEEP DOING THAT. I WISH YOU THE BEST OF LUCK!
WHAT?!
THAT'S ALL?!
WHAT A SURPRISE!! WHAT'S WITH HIS ATTITUDE?!
WHAT SHOULD I SAY?
I'M BUSY

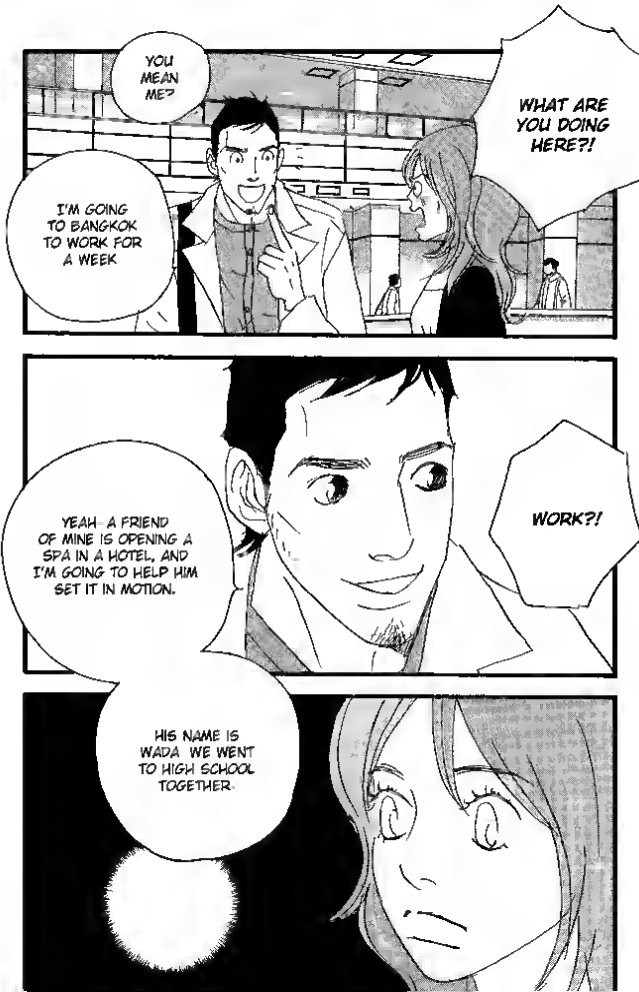
FINE THEN I'LL JUST FORGET HIM MY NEW LIFE BEGINS TOMORROW.

I HAVE TO CHECK IN...

DRAT!!

I HAD SO MUCH TO TELL HIM AFTER ALL THIS TIME...!!


JUST HOW MUCH DID YOU PACK?
OH!
DOCTOR?!!
WHAT LUGGAGE!


YOU MEAN ME?
WHAT ARE YOU DOING HERE?!
I'M GOING TO BANGKOK TO WORK FOR A WEEK
WORK?!
YEAH. A FRIEND OF MINE IS OPENING A SPA IN A HOTEL, AND I'M GOING TO HELP HIM SET IT IN MOTION.
HIS NAME IS WADA. WE WENT TO HIGH SCHOOL TOGETHER.

MORE THAN TEN YEARS HAVE PASSED, AND WE'RE STILL SEEING EACH OTHER. FUNNY, ISN'T IT?
DOCTOR...
HE WAS REALLY INTELLIGENT, AND HE WENT INTO A GOOD UNIVERSITY. THEN, HE STARTED WORKING IN THE MEDIA WORLD AND EVEN STARTED HIS OWN COMPANY.
I NEVER LIKED STUDYING, SO I CHOSE CHIROPRACTICS...
WELL, I'M HAPPY THAT WE'LL BE TRAVELING TOGETHER.
BECAUSE LAST TIME I SAW YOU, YOUR FACE TOLD ME YOU DIDN'T WANT TO LEAVE ME BEHIND
////
...ABOUT THIS JOB IN BANGKOK... ARE YOU THE ONE WHO...
WOAH, WE CAN'T CONTINUE CHATTING, OR WE'LL MISS OUR PLANE!

REALLY, THE DOCTOR IS SOMEONE [illegible] TO ME...
AND THAT WON'T BE CHANGING ANYTIME SOON.
I DON'T SEE HOW MY FACE TOLD YOU THAT!
Wahahahahaha!

SMM PRESENTS:

BODY AND SOUL

SCANS BY: TAMPOPO24

TRANSLATOR: TAMPOPO24

PR: JIN

EDITOR: KOSHKA

QC: ETCETERA

BY: ERICA SAKURAZAWA

VISIT US AT: HTTP://SHOUJOMANIAC.FREE.FR/FORUM/INDEX.PHP

RULES

1 Ask us for permission to host our projects

2 Don't change file names, etc

3 Don't remove the credits page from our releases and don't claim that it's yours

4 Don't host the files in online photo albums

5 All new releases have a 2 day waiting period before they can be released outside the forum. If anyone is caught breaking this rule we will no longer release outside the forum

6 Please ask for permission to retranslate SMM scanlations. You can contact the team members of the particular project you want to retranslate.

7 Please cease distribution once this project is licensed in english

SMM

TRANSLATORS NEEDED

Chinese to English and Japanese to English Translators

SHOUJO MANGA MANIAC NEEDS JAPANESE AND CHINESE TRANSLATORS! COME JOIN US!

http://shoujomaniac.free.fr/forum/

SMM Scanlations
Mature content warning.
The following project may contain scenes of nudity, or themes involving sex